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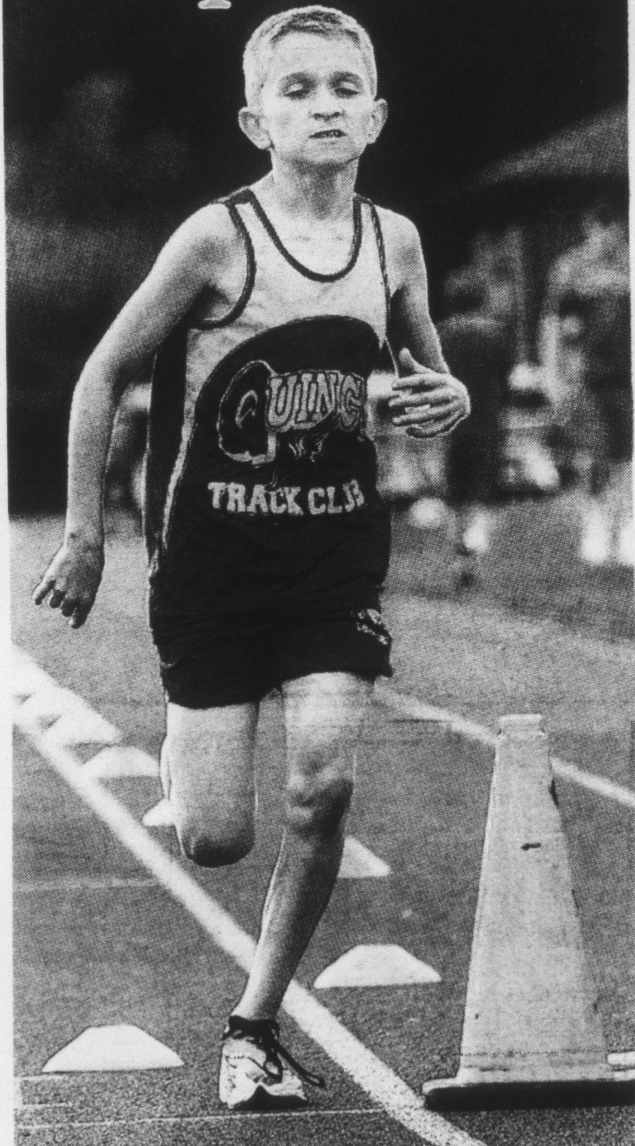
Historic Quincy's Hometown Weekly Newspaper Since 1968

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Thursday, August 12, 2021

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Competition, Fun At Frank Kelly Track Meet



OVER 100 YOUNGSTERS competed at the recent Frank Kelly Memorial Track Meet hosted by the Quincy Track Club at the Faxon Field Track Complex. Top left: Patrick Geaghan, one of the top runners in New England, wins the 800 in the 11-12 Division with a time of 2:28.0. Other competitors included (clockwise from top right) Keely Maguire, Gabriella Brown and Vivian Alves; Maksim Legostaev, Norhan ElHachimi and Peter Huynh. More coverage begins on Page 16.

Quincy Sun Photos/Robert Bosworth



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The Quincy Sun.com



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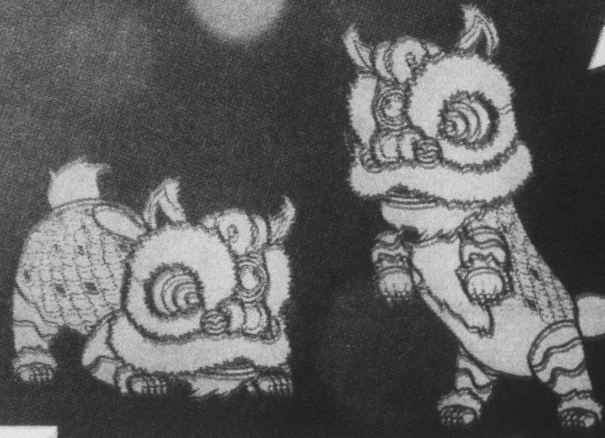
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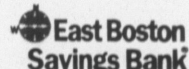
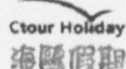


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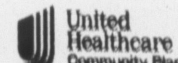
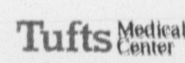
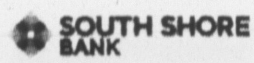
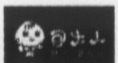


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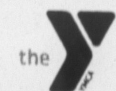
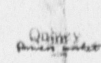
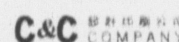
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AUG

12

2021

Quincy Receives \$2.98M State Seawall Grant

By **SCOTT JACKSON**

The city of Quincy was recently awarded a \$2.98 million state grant to help replace the seawall along a section of the Houghs Neck shoreline.

Ward 1 Councillors David McCarthy said construction of the Houghs Neck seawall will likely begin in the second half of 2022 at the earliest as the city puts the finishing touches on a seawall that protects the Adams Shore and Post Island neighborhoods.

Gov. Charlie Baker on July 28 announced the state was awarding a total of \$17.3 million in funding to 28 cities and towns for

coastal infrastructure, dams and levees. The largest of those grants was given to Quincy, which received \$2.98 million to replace the seawall that stretches from Babcock Street to Bayswater Road.

The work along that stretch of shoreline in Houghs Neck represents phase two of the city's plan to replace the seawall along Quincy Bay. Phase one of the project, replacing 6,900 linear feet of seawall from Chickatabot Road to Babcock Street, commenced in the spring of 2020 and is nearing completion.

"We are in, I am going

Cont'd On Page 4



THE SENTINELS ARMORED Combat Team perform a sword fight during the Veterans' Voice Network Music Festival and Expo honoring first responders and veterans held recently at Pageant Field. More photos on Page 6 and 31.

Quincy Sun photo/Tom Gorman

Sheriff's Office To Host Back-To-School Family Movie Night Aug. 26

Sheriff Patrick McDermott announces the Norfolk County Sheriff's Office will host a free back-to-school movie night for families on Aug. 26th at the department's Braintree location. The NCSO will be screening the 1993 family movie "The Sandlot."

"As the summer wraps up and families begin preparing for the return of the school year, we wanted to find a fun way to get together," McDermott said. "Movie night is a great way for families to do just that by enjoying a fun film and relaxing."

Set in the early 1960s, "The Sandlot" follows the adventures of a group of young boys who form a backyard baseball team.

The Sheriff's Office will also be partnering with the United Way to host a food drive that evening to benefit the Marge Crispin Center of Braintree and is encouraging attendees to bring a non-perishable food item to donate.

The film will be screened outdoors at the Sheriff's Office in Braintree at 2015 Washington St., and the program will begin at 6:30 p.m. Popcorn and light refresh-

ments will be provided free of charge, and there will be

giveaways and a free raffle. Families or individuals

wishing to attend should bring a blanket or lawn chair for seating. Registration is

free at tinyurl.com/NCSO-MovieNight.

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Some additional facts: Rate/Annual Percentage Rate (APR) effective as of 08/04/21 and may change. Applies to 1-4 family owner-occupied homes. Assumes a maximum 80% loan-to-value and first mortgage position. Subject to credit approval. A 30-Year Loan would be repaid in 360 equal monthly principal plus interest payments of \$4.21 per \$1000 borrowed, which do not include taxes or insurance premiums, if applicable. So your actual monthly payment will be greater. NMLS #409557



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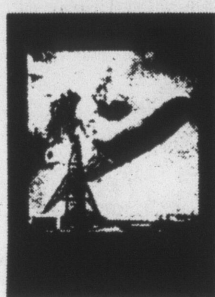
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Moments in time

THE HISTORY CHANNEL

• On Aug. 24, 1875, Capt. Matthew Webb of Great Britain becomes the first person to successfully swim the English Channel without assistance. Webb reached shore in 21 hours and 45 minutes. In 1883, Webb attempted to swim the Niagara River and drowned in 10 minutes.

• On Aug. 23, 1902, pioneering cookbook author Fannie Farmer, who changed the way Americans prepare food, opens Miss Farmer's School of Cookery in Boston. Farmer later educated medical professionals about the importance of proper nutrition for the sick.

• On Aug. 27, 1938, George E. T. Eyston breaks his own automobile land speed record with a 345.49 mph run at the Bonneville Salt Flats. His Thunderbolt had two 2,000-horsepower Rolls Royce motors geared together.

• On Aug. 29, 1942, the Red Cross reveals that Japan refused free passage of ships carrying food, medicine and other necessities for American POWs held by Japan. Japan allowed just 10% of what POWs elsewhere received.

• On Aug. 25, 1950, in anticipation of a strike by railroad workers, President Harry Truman issues an executive order putting America's railroads under the control of the U.S. Army, saying it was necessary for the protection of American citizens as well as "essential to the national defense and security of the Nation." He used the same justification for seizing control of steel plants.

• On Aug. 26, 1974, Charles Lindbergh, the first man to accomplish a solo nonstop flight across the Atlantic Ocean, dies in Hawaii at age 72. To reduce weight during his famous 1927 flight, everything not essential was left out: radio, gas gauge, night-flying lights, navigation equipment and parachute.

• On Aug. 28, 1988, an airshow at Ramstein Air Base in Germany turns tragic when three military fighter jets collide in mid-air and fall into the crowd. Seventy of some 100,000 spectators died and hundreds more were injured.

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Stay hydrated in the heat

Drink an hour or two before you begin your work. Do higher-intensity garden chores during cooler morning hours, and easier work (or rest) during the middle of the day. You should drink 8 ounces of fluid every 40 minutes or so. For working outside less than 40 minutes, water is sufficient. For anything over 40 minutes, you will need sugar and salt in your fluid, as is found in sports drinks.

Source: webmd.com

- Brenda Weaver

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Ballot Position Drawn For School Committee Preliminary

By ROBERT BOSWORTH

The order of ballot position for the School Committee Preliminary Election was determined by lottery at the city election department in City Hall last Friday.

The seven candidates for school committee will be listed in the following order from the top spot to the seventh spot:

Emily Lebo, 354 Highland Ave.; Ellen Patterson O'Donnell, 6 Hatherly Rd.; Courtney Perdios, 86 Ruggles St.; Liz Speakman, 129 Merrymount Rd.; Doug Gutro, 85 Arnold St.; Liberty Schaaf, 28 Howe St. and Tina Cahill, 51 Grenwood Rd.

The names of each candidate were drawn randomly by City Clerk Nicole Crispo and Assistant City Clerk Joseph Newton.

Lebo and Gutro are incumbents; they will have the wording "candidate for re-nomination" after their

names on the ballot. Perdios, who was appointed to the school committee to fill a vacancy last February, will have the wording "current school committee member" next to her name on the ballot.

The other four candidates will only have their street addresses next to their name on the ballot.

In the final election, the school committee candidates will be listed alphabetically beginning with the incumbents.

The preliminary election Tuesday, Sept. 14 will pare down the seven-candidate field for school committee to six candidates. The six-highest vote getters in the preliminary election will advance to the final election Tuesday, Nov. 2. The three highest vote getters Nov. 2 will be elected to a four-year term.

The school committee contest is the only race re-

quiring a preliminary election this fall.

Contested races, besides the school committee, on the final Nov. 2 election, are:

Councillor at-large: incumbents Noel DiBona, 70 Chickatabot Rd.; Nina Liang, 100 Grand View Ave. and Anne Mahoney, 12 Ferriter St.; and challengers Michael Bellotti, 33 Bayberry Rd. and William Burke, 28 Rice Rd. Voters will elect three councillors at-large - top three vote-getters will win 2-year terms.

Ward 1 Councillor: incumbent David McCarthy, 48 Whitney Rd. and challenger Joseph Murphy, 18 Macy St. Top vote-getter wins a 2-year term.

Ward 2 Councillor: current councillor Anthony Andronico, 46 Endicott St. and challenger Steven Perdios, 86 Ruggles St. Andronico was appointed to the Ward 2 council seat to fill the vacancy after Brad Croall re-

signed in January. Top vote-getter wins a 2-year term.

Ward 5: incumbent Charles Phelan, Jr., 298 Fenno St. and challenger Stephen Christo, 42 Standish Ave. Top vote-getter wins a 2-year term.

The other three ward councillors - Ward 3's Ian Cain, 93 Forbes Hill Rd.; Ward 4's Brian Palmucci, 16 Cross St.; and Ward 6's William Harris, 74 Ashworth Rd. - are uncontested in the Nov. 2 election.

The deadline to register to vote in the Sept. 14th preliminary is Wednesday, Aug. 25 at 8 p.m.

The last day to apply for a mail-in ballot ahead of the preliminary election is Wednesday, Sept. 8 and the deadline to request an absentee ballot is noon Monday, Sept. 13.

Early voting hours will be announced by election officials later this month.

City Receives \$2.98M Seawall Grant

Cont'd From Page 3

to say, almost a punch-list-type phase. All the major revetments, seawall blocks, drainage - everything is in place - but like any big job they are coming back to fine tune things," McCarthy said of the phase one work during a recent interview.

The new seawall along the Adams Shore and Post Island neighborhoods was built two feet higher than the one it replaced. The design of the new seawall also allows the city to raise its height another two feet in the future if necessary.

The \$17.8 million project also includes drainage improvements in the area of Chickatabot Road and a drainage study for the entire area behind the new seawall. Included in that is a study of drainage in the Willows Marsh, the cost of which the city will split with the Army Corps of Engineers.

The phase one work has gone well overall, McCarthy said. He also noted the contractor for the project had to redo its work in the Post Island neighborhood - at the contractor's expense - because the initial work there was not up to grade.

"Everybody has been pretty pleased. We got through that period of time where we were in everyone's yard on Sea Street all of the way up disrupting life in general. Now we are at the point where the walls and the drainage is in," McCarthy said.

"We're back and forth trying to help people fine contractors up to put private

stairs in. The public stairs are all in process if they are not all done. We will come back another time too and help people if they need some help elevating things in their backyards a little bit because we are up two feet.

"They replaced I think it was 600 feet over at Post Island that was in incorrectly. Both the mayor and myself had met several times and he wanted it done right. We're spending \$18, \$20 million when it is all said and done, or whatever, so that got replaced.

"Shelton Road went well. Terne Road went well. Now we're up trying to finish Norton Road.

"The outfall pipes, a lot of them went in. We covered over the outfall pipes with stone and they came out really good, just to pretty them up, make them safer for people if they're out swimming.

"We're pretty close. It will go on for the next several months. They will be back and forth. Their punch list is a lot bigger than a regular punch list.

"It came out quite well." McCarthy said the city plans to hold off "a little bit to do some redesigning, lessons learned, engineering and of course funding and just regroup," before beginning phase two of the project between Babcock Street and Bayswater Road.

"Anything we're going to do now is just on sections that need it - emergency, we'll call it, work," he said. "There are areas down by Bayswater that I have been

down there with constituents a few times where the seawall is very old.

"If you know Manet Ave, it is low at the beginning, it rises up, it goes back down and then it rises up again by Malvern Street, Newton Street, Oswego - so you're up top - so there is really some time to do the seawall.

"Then you go down to Bayswater and some of the houses are like Sea Street - they are right on the wall. We're going to try to go down there and replace some blocks, do some hydraulic cement work and make sure it is secure until we come back."

Work on phase two could begin in the summer or fall of 2022, McCarthy said. The city plans to take a breather and ensure all the phase one work, including the efforts with the Army Corps of Engineers, is complete before moving to phase two.

"We are going to take a deep breath here and make sure that phase one is completely taken care of, which also leads to the Army Corps of Engineers and the marshes behind Sea Street we are dealing with the Army Corps with, putting a tide gate at the culvert to relieve some of the pressure when Sea Street takes water," he said.

"It will always take water - we're just hoping that the drainage and some of the engineering we did is going to alleviate that issue."

The new seawall from Babcock Street to Bayswater Road will be "almost identical," in design to the

seawall put in place from Chickatabot Road to Babcock Street, McCarthy said but "operational-wise they might do it a little different."

Community meetings will be held before phase two of the project begins, McCarthy said.

"As soon as we get to the point where we know we're going to start to get a firm understanding of when we're going to come back, we will have multiple public meetings with the folks down there along the wall and even Babcock Street, the street behind Manet, and Stoughton Ave, which is behind there," he said. "They are all affected by that water when it comes over."

McCarthy hosted several community meetings before phase one of the project began and the city redesigned the seawall as a result of feedback from area residents. Residents had said they preferred a more traditional, "jersey barrier" design for the seawall rather than the originally proposed structure that would have included a 12-inch wide slab of concrete bolted onto the front of a concrete base.

Prior to replacing the seawall that runs from Chickatabot Road to Babcock Street, the city replaced the seawall along Edgewater Drive, which is located along Hingham Bay on the opposite side of Houghs Neck. That seawall has held up well, McCarthy said.

"In the last couple of big storms we've had, Edgewater really holds up nice,"

Cont'd On Page 15

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Scenes From Yesterday



Electric Car Terminus and Square, Hough's Neck, Quincy, Mass.

THIS IS A 1907 POSTCARD view of the Electric Car Terminus and Square at the end of Sea Street in Houghs Neck. The peaked roofed building in the right center with the porch is the Quincy Yacht Club, the only building in this view that remains today. In front of it with the oval sign was the widely popular Norteman's Pavilion where they featured shore dinners, boiled live lobsters and fresh shellfish, all taken from local waters. It alone attracted summer tourists by trolley and steamboat to

Houghs Neck from all around Boston. On the left the building with the gable was Arthur Dunham's house where he had a grocery store and the post office. The Moxie sign was on The Boston Candy Company store. Fensmere Avenue went off on the left to a hotel. At the time of this picture The Brockton Street Railway Company operated the electric trolleys from Quincy Square to here. They had a car barn for the trolleys on the corner of Sea and Island Avenues.

From the Tom Galvin Postcard Collection

AARP Monthly Fraud Watch Update

By CINDY CAMPBELL
Communications Director
AARP Massachusetts

Did you know that someone's identity gets stolen every two seconds?

The AARP Fraud Watch Network provides you with tips and resources to help you spot and avoid identity theft and fraud so you can protect yourself and your family. Our watchdog alerts will keep you up to date on con artists' latest tricks. It's free of charge for everyone: AARP members, non-members, and people of all ages.

Be a fraud fighter! If you can spot a scam, you can stop a scam. Report scams to local law enforcement.

Contact the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork for more information on fraud prevention.

SCAM ALERT #1: TRAVEL SCAMS

If you're trying to squeeze in a summer trip before Labor Day, it's buyer beware when hunting for that last-minute deal. Great travel deals can be found online but you can also find scammers looking to put your travel dollars into their pockets.

Crooks set up look-alike travel websites in hopes you will book with them rather than your intended company. And just because the link showed up when you searched "travel deals" doesn't mean it can automatically be trusted. Scammers often buy paid promotions for their bogus travel sites so they appear high up in search rankings.

Before hitting "confirm" on that deal, make sure you really know whom you are doing business with. Be skeptical of any cut-rate hotel or airline offer that seems too good to be true. And, always pay with a credit card, which offers more protection than other forms of payment.

SCAM ALERT #2: CAR WARRANTY SCAMS

Raise your hand if robocalls have finally stopped ringing your phone day and night. None of you? No surprise there. Despite industry and regulatory efforts to rid our phone lines of unwanted calls, they nevertheless persist – and many are outright scams. One of the more common scam calls involves car warranties.

2 Inducted Into Honor Society

Two Saint Anselm College students from Quincy were recently accepted into Alpha Lambda Delta, a national scholastic honor society for first-year success, for the 2020-2021 academic year.

They are: Emily McCarthy, 2024, politics; and

Shaylen vanGestel, 2024, elementary education.

To be eligible for invitation, students must be enrolled full-time at an institution with an active chapter of Alpha Lambda Delta and have a 3.5 grade point average or higher in their first semester or first year of study.

These scam calls typically start as a pre-recorded robocall (just like this one we pulled from the Federal Communications Commission's website), and the message directs you to press a key to speak to a specialist or stay on the line. Thanks to social media and data breaches, scammers may even have information on your car's make and model to make it seem legitimate.

While extended warranties might be a sensible investment for some, it's a product that you should research rather than react to, and only with verified and trustworthy sources.

SCAM ALERT #3:

COLLEGE SCHOLARSHIP SCAMS

Social media is an all-too-popular avenue for spreading scams among "friends." Criminals hijack someone's social media account and share a "great offer" to everyone on the target's contact list.

The hot "offer" these days involves government grants – whether it's free money for college tuition or loan repayment, to pay household bills, or some other made up story. But here's the thing (actually, two things). First, the government grants billions of dollars a year – but to institutions, not to individuals. Second, you'll learn there's a "processing fee" that you have to pay upfront. When you hear that, all signs point to a likely scam.

SCAM ALERT #4: SCAM TRACKING MAP

Did you know that if you are aware of a specific scam, you are 80% less likely to engage with it, and if you do engage, you're 40% less likely to lose money or sensitive information? A great way to share what you know to protect others, and to learn more to better protect yourself, is to visit the AARP Scam-Tracking Map (www.aarp.org/scam-map). You can explore scams being reported in your geography and submit scams you've heard about or encountered. We're all in this together – let's share what we know so the next target doesn't become the next victim.

SCAM ALERT #5: WORK FROM HOME SCAMS

The COVID pandemic brought countless things into our lives that we were just fine without. However, a few things – like working from home – actually made life a little easier for many. However, with more businesses returning to in-person activities, some workers are looking for new jobs with work-from-home options. That's something scammers are looking to take advantage of with fake job offers.

Work-from-home scams can promise jobs with medical billing, data entry or starting an online business, but they all require paying something up front. Once you start paying, the requests for more money for training or supplies never stop and in return you get a lot of useless information or requests to recruit more people into the scheme.

There are genuine work-from-home jobs out there. The trick is knowing how to spot the real opportunities in a sea of empty – and costly – promises.

Quincy's Yesterdays

This Week
1975
46 Years Ago

IRS Moves Into New Downtown Office

The Internal Revenue Service (IRS) will officially dedicate its new offices at 1200 Hancock St. on Friday, Aug. 15.

Invited guests include Senators Edward M. Kennedy and Edward W. Brooke along with Congressman James A. Burke, Senator and City Council President Arthur H. Tobin and Chamber of Commerce President William E. Kelley.

The IRS offices will be located in the new Quincy Savings Bank Building on the third floor.

\$325,000 GRANT TO FIGHT DRUGS IN QUINCY-SOUTH SHORE AREA

Massachusetts has received a total of \$325,000 to fund a drug enforcement unit to crack down on narcotics traffic in the South Shore area surrounding Quincy.

Congressman Burke said the total award was broken down into three grants, all funded by the Law Enforcement Assistance Administration.

QUINCYISMS

Miss Jeanne Anne Rathgeb, 17, was chosen Miss Quincy Bay of 1975... **Inspector of Plumbing and Gas Fittings James A. Erwin, Jr.**, reported that 123 applications for a total of \$88,679 were granted by his office in July... Construction of the Goliath Crane, the largest crane in the western hemisphere, was completed at the General Dynamics Quincy Shipyard... The Houghs Neck Legion Post was planning a chicken barbeque Sunday, Aug. 17 at the Post home. **John Christensen** was chairman of the committee... **Hart's Jewelers**, 1422 Hancock St., Quincy Center, was offering the following services: Diamond Appraising, Estate Appraising, and Gemstone Identification... **Helen Gurich's Beauty Garden**, 1436 Hancock St., was offering "All Permanents Regardless of Their Original Value, Only \$9.95"... **Sons of Italy Lodge 1295** was planning its third annual Exceptional Dinner-Dance for C.P. adults and their companions, Sunday, Aug. 24, at the Lodge Home, 120 Quarry St. **Venerable John Fantucchio** was the chairman of the dinner committee... The Massachusetts Committee to Elect Fred Harris President held a yard sale at the home of **Mrs. Barbara Kelley**, 207 Whitwell St. Harris was one of the six announced candidates for the Democratic presidential nomination. (Editor's note: He didn't make it.)... **Rev. Keith C. Munson** officially began his new pastorate at the United First Parish Church, Quincy Center, by performing a wedding... Fifteen Boy Scouts from Troop 35 sponsored by the Most Blessed Sacrament Church in Hough Neck, attended Boy Scout camp, Adams Pond, Storrer Reservation, Barnstead, New Hampshire. For the fourth consecutive year the troop carried off the first prize in the Olympic Competition. Members of the troop who attended were: **Kevin, Paul and Mike Bythrow, Matt and Mike Matthews, Kevin and John Robertson, Greg McKinnon, Ed Powers, Joey Rudolph, Shawn Winn, Mike Guidice, Ed Brennan, Bob Burke and Wally Chapman**... **Mrs. Mildred Ambrosia**, Red Cross Blood Donor Chairman, announced that 37 pints of blood were donated at a recent bloodmobile visit at Quincy Point Congregational Church... The Quincy Sun's Sunbeams column reported that the LaRaia for Mayor Committee was planning an "in depth voter survey of 3,000 Quincy voters." The survey to begin after Labor Day... **Eileen M. Griffen**, daughter of Mr. and Mrs. William Griffen, 185 South St., Quincy point, received a Bachelor of Arts degree in Journalism from Northeastern University... **Fred E. Morrill, Jr.**, 100 Grandview Ave., Wollaston, received a Bachelor of Science degree in Business Administration. He was a dean's list student... **Ward 5 Councillor Warren Powers** was scheduled to meet with **Police Chief Francis X. Finn** to discuss "Tightening Up" enforcement of speeding regulations in the Wollaston area... The Wollaston Credit Union, 651 Hancock St., was offering "No Notice Savings Accounts Paying 5 3/4% Per Annum, Special Notice Accounts Paying 6% Per Annum"... **Alexander R. McQuarrie**, son of Mr. and Mrs. Vincent Bouvier, 433B Sea St., Quincy, was promoted to Master Sergeant in the U.S. Air Force. He was a 1955 graduate of Quincy High School... **Atty. Paul D. Harold** was recently re-elected National Committeeman of the Massachusetts Young Democrats at the group's convention held in Framingham.

Scenes From The Veterans' Voice Network Music Festival



Quincy Police Officer James Goldrick, left, looks on as Paddy Connolly, 5, of Quincy, center, and Marc Dawson, 4, of Braintree, right, check out the Quincy Police armored SWAT truck at the recent Veterans' Voice Network Music Festival and Expo. The event, held at Pageant Field in Quincy, honored first responders and veterans. Quincy Sun photos/Tom Gorman



DAVID BLECKLEY of Weymouth, left, and John McHugh of Quincy, right, of the David Bleckley Band, entertain at the recent Veterans' Voice Network Music Festival and Expo.



JACK POTTER, 9, of Quincy, uses an ax to test the helmet of Georg Polansky of the Sentinels Armored Combat Team.



A HUEY HELICOPTER pays tribute to veterans.



RYAN NGUYEN, 2, of Holbrook, checks out the Batmobile - one of the many activities for families at the recent Veterans' Voice Network Music Festival and Expo.



ZAHARA ABDUL-SHAFI, 12, of Quincy, relaxes behind the wheel of the Batmobile.



WILL GOODING of Fall River enjoys the music at the recent Veterans' Voice Network Music Festival and Expo held recently at Quincy's Pageant Field. Other Photos on Page 31.

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Social

Gail Eagan Promoted To Executive Vice President At Arbella Insurance

Quincy-based Arbella Insurance Group announce the promotion of Gail Eagan, Senior Vice President and General Counsel to Executive Vice President, General Counsel.

Eagan's role has been expanded to include Corporate Secretary responsibilities as she will work more closely with Arbella's Board of Directors on all Board related activities. Eagan will function as the executive liaison to the Board's Executive Committee and will partner on all matters related to Board governance, policy, orientation and educational programs. She will continue to report to John Donohue, chairman, president and



GAIL EAGAN

CEO of Arbella Insurance Group.

"As General Counsel, Gail has always been responsible for company-wide initiatives to reduce legal exposure regarding regulatory, compliance and business requirements. That now extends to providing

the appropriate governance guidance to the Board of Directors," said Donohue.

This role is a natural fit for Eagan who has developed strong relations with the Board since joining Arbella more than 15 years ago. Eagan's advice and expertise on corporate governance, insurance regulation and consumer protection and privacy matters has been significant during her tenure at Arbella.

Prior to joining Arbella, Eagan was a member of the law firm Mintz. She received a Juris Doctorate from Suffolk University School of Law and a Bachelor of Arts in political science from the College of the Holy Cross.

45 Quincy Students On 3rd,4th Quarter Honor Roll At B.C. High

Forty-five students from Quincy have been named to the third and/or fourth quarter honor roll at Boston College High School.

They are:

Christopher Alallam '21 - Quarter 3 High Honors.

Juan Manuel Barroso '23 - Quarter 3 and Quarter 4 High Honors.

Alexander Bradford '23 - Quarter 4 Honors.

Damian Brown '22 - Quarter 3 and Quarter 4 High Honors.

Kevin Cai '24 - Quarter 3 and Quarter 4 High Honors.

Ivan Chiu '22 - Quarter 3 and Quarter 4 High Honors.

Martin Connolly '23 - Quarter 3 and Quarter 4 Honors.

Patrick Cullinane '21 - Quarter 3 High Honors.

Aidan Cullinane '24 - Quarter 3 and Quarter 4 High Honors.

Ryan Dear '22 - Quarter 3 and Quarter 4 High Honors.

Devin Dear '24 - Quarter 3 and Quarter 4 High Honors.

Luke Donovan '21 - Quarter 3 High Honors.

Charles Donovan '24 - Quarter 3 and Quarter 4 High Honors.

Matthew Farrell '24 - Quarter 3 and Quarter 4 High Honors.

Aaron Fernandes '24 - Quarter 3 and Quarter 4 High Honors.

John Hall '22 - Quarter 3 and Quarter 4 High Honors.

Finn Henry '22 - Quarter 3 High Honors and Quarter 4 Honors.

Aaron Huang '22 - Quarter 3 and Quarter 4 High Honors.

Patrick Hurton '21 - Quarter 3 High Honors.

Andrew Johnson '22 -

Quarter 3 and Quarter 4 High Honors.

Edward Kennedy '21 - Quarter 3 High Honors.

Andrew Lane '23 - Quarter 3 High Honors.

William Lau '21 - Quarter 3 Honors.

Luke Leung '24 - Quarter 3 Honors and Quarter 4 High Honors.

Michael Loughnane '22 - Quarter 3 and Quarter 4 High Honors.

Adam McDermott '22 - Quarter 3 and Quarter 4 Honors.

Nicholas McDonough '21 - Quarter 3 High Honors.

Nathaniel McMillen '23 - Quarter 3 High Honors and Quarter 4 Honors.

Anthony Nguyen '23 - Quarter 3 and Quarter 4 High Honors.

Brady O'Connor '22 - Quarter 3 Honors.

Shaun Ormond '21 - Quarter 3 High Honors.

Quinlan Perry '22 - Quarter 3 and Quarter 4 High Honors.

Justin Pham '22 - Quarter 3 and Quarter 4 High Honors.

Tristan Quach '24 - Quarter 3 and Quarter 4 Honors.

Dylan Rizzo '22 - Quarter 3 and Quarter 4 High Honors.

Daniel Scolaro '21 - Quarter 3 Honors.

Hugh Scott '23 - Quarter 3 and Quarter 4 Honors.

Malik Spaloss '24 - Quarter 3 Honors.

Seamus Stirling '22 - Quarter 3 and Quarter 4 Honors.

Enzo Vallee '23 - Quarter 3 and Quarter 4 High Honors.

Quinten Van Dam '23 - Quarter 3 and Quarter 4 High Honors.

Johnny Vu '23 - Quarter 3 and Quarter 4 Honors.

Ivan Yhomby '24 - Quarter 3 Honors.

Jonathan Carter Ying '23 - Quarter 3 High Honors and Quarter 4 Honors.

Alexander Yun '24 - Quarter 3 and Quarter 4 High Honors.



QUINCY RESIDENTS (from left to right) Karen Valentino, Gloria Robertson, Tillie Polese and Ursolla Stevens participate in a dance fitness for adults class offered by Empower Dance of Quincy. *Courtesy Photo*

Empower Dance Offering Dance Fitness In September

After a successful summer debut, Empower Dance will continue to offer dance fitness for adults in Quincy with ongoing 6-week sessions starting in September.

Empower Dance classes, with instructor Tracy Durso, combine fun, easy-to-follow dances with upbeat, popular music featuring lyrics about self-love, confidence, and inner strength to create a truly unique fitness experience and a full mind-body workout. All ages and levels are

welcome with dances to music from popular girl-power artists like Meghan Trainor, Sia, Ariana Grande, and Shakira. No previous dance experience is required, and dancers are encouraged to participate at whatever intensity level feels good for their bodies.

To register online for the first fall session of Empower Dance on Thursdays 9:15 - 10:15 a.m. at In Sync Center of the Arts in Quincy, visit www.empower-dance.com.

Class sizes are limited at \$90 for each 6-week session beginning Sept. 16.

Empower Dance creator and instructor, Tracy Durso, empowers women and children through movement programs that promote holistic health. A dance instructor for more than 20 years, Durso said she is so excited to bring her classes to the South Shore community. Learn more at www.tracydursomindbody.com.

Rachel Zsamboky Learning, Development Specialist At Quincy Credit Union

Christine E. Tobin, Senior Vice President of Human Resources, on behalf of the QCU Executive Team, announces the hiring of Rachel Zsamboky as Quincy Credit Union's Learning and Development Specialist.

"Rachel is an extremely talented trainer. She is proactive, positive and friendly. After an extensive search, we were fortunate enough to hire Rachel. Her experience and personality made her a perfect candidate to launch the credit union's training department," Tobin said.

Zsamboky, originally from Pittsburgh, earned a Bachelor's in History and Education from the University of Pittsburgh and possesses a comprehensive



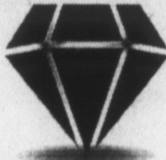
RACHEL ZSAMBOKY

background in training and employee development.

Prior to joining the QCU team, Zsamboky was a business trainer at Citi Bank, for eight years where she

specialized in consumer and business acquisitions. She then moved into training where she trained multiple lines of business utilizing Adult Learning Principles, helped implement the Acquisitions department at a new Citi site for a larger lending footprint; where she received the Citi Quality Excellence Award for her work for the project.

"I have a passion for coaching and development and have experience with multiple Performance Support Initiatives which I hope to bring to the credit union to help increase client satisfaction and employee performance," Zsamboky said.



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Movie Review: 'Jungle Cruise'

By BOB GARVER

"Jungle Cruise" is the latest effort by Disney to turn one of its legendary theme park attractions into a movie. The gold standard, of course, is "Pirates of the Caribbean," the five-movie franchise that made nearly \$1.5 billion at the domestic box office. Less successful were "The Country Bears," "The Haunted Mansion," and "Tomorrowland." The new film is not being released in an era where it can hope to reach "Pirates" numbers, but I have no doubt that it can outperform the other three. My reasoning is simple: those other movies didn't have Dwayne Johnson.

The former Rock is effortlessly charismatic and affable, practically a guarantee of blockbuster box office. He's also usually funny here, save for scenes where he's cracking jokes in the vein of the "Jungle Cruise" ride. I said he was charismatic, not a miracle-worker. The other thing he can't do is come across as someone

from 1916, when the movie takes place. He's very "of his time," which is fine because he defines the era. The film pairs him with Emily Blunt, effortlessly charming an affable in her own way, and I'd be happy to watch these two go on a Jungle Cruise without any obstacles. But this is an adventure movie, so there are going to have to be a fair amount of obstacles.

The story sees the headstrong Lily (Blunt) travel to the Amazon with her fussy brother MacGregor (Jack Whitehall) in search of a tree whose leaves can instantly cure any disease. They'll need a boat and a skipper, and they mean to hire the greedy Nilo (Paul Giamatti), but through some colorful conning, they hire the down-on-his luck Frank (Johnson), who needs the siblings' cash. Also after the tree is evil German Prince Joachim (Jesse Plemons), who believes the tree is the key to winning World War I. He enlists the help of some zombified Spanish conquis-

tadors led by Aguirre (Edgar Ramirez), who could really use the tree to break the curse that's made them something less than human for the past 300 years.

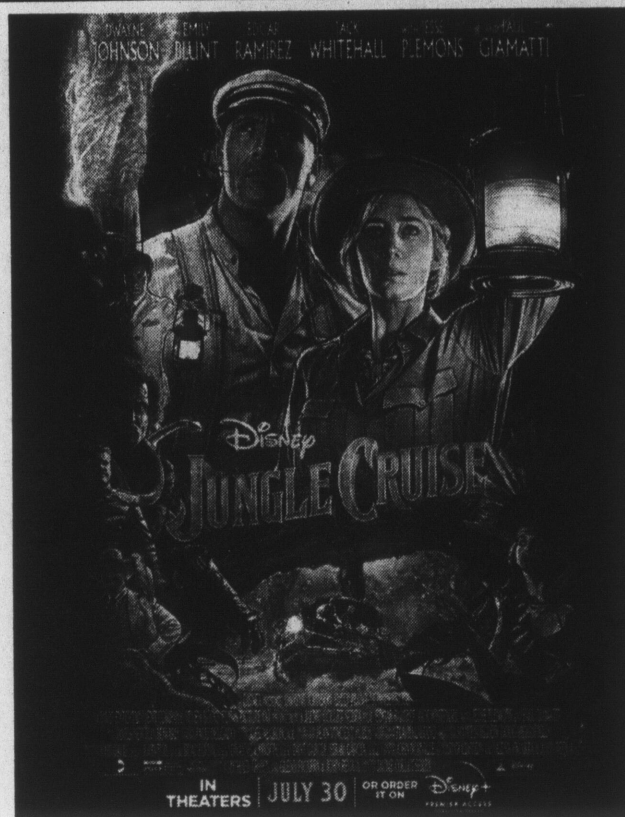
Lily and Frank bicker with one another and occasionally surprise each other. You'll be yelling at the screen for them to just make out already. They encounter jungle-themed dangers like piranhas, hippos, and lots and lots of snakes. They also encounter a hostile tribe of apparent headhunters, though if you've been following the news, you'll know that Disney won't allow them to actually be headhunters in 2021. The story is entirely predictable, save for a twist around the two-thirds mark that the movie can't quite make convincing. If you thought Johnson was out of place in 1916...

I don't have much to add beyond reiterating that "Jungle Cruise" is exactly what you'd expect. Plemons steals the movie as the villain, who may be go-

ing crazy after a few days (weeks?) on a submarine. Johnson gets turned to stone at one point, inviting jokes about his former nickname ("Haven't you heard? He doesn't want to be The Rock anymore. He wants to be Dwayne now.") The tree with the magical petals bears a striking resemblance to the Tree of Life at Disney's Animal Kingdom park, minus all the animal carvings. This movie will probably do well enough to spawn a sequel, and maybe that movie can make "Jungle Cruise" the rightful heir to "Pirates of the Caribbean." Disney doesn't quite have the next "Pirates" here, but at least they're keeping things in Adventureland.

Grade: C

"Jungle Cruise" is playing in theaters and available



on Disney+ Premium Access. The film is rated PG-13 for sequences of adventure violence. Its running

time is 127 minutes.

Contact Bob Garver at rrg251@nyu.edu.

Harvest, Enjoy Mint From The Garden

By MELINDA MYERS

Add a bit of cool flavor to your beverages, meals and desserts this summer with homegrown mint. Try using peppermint leaves in fruit cocktails and ice cream. Add spearmint to your tea or use the leaves to season lamb and jelly. Or try chocolate mint for a unique, sweet and refreshing flavor in desserts and drinks.

Mint is easy to grow and suited to container gardens. In fact, growing it in a pot will help keep this vigorous herb contained. Or sink a container of mint in the garden or plant where surrounding walks and walls will keep it in check. Keep a watchful eye and remove any unwanted plants as they appear.

Grow mint in a full sun to partial shade location with moist, well-drained soil. Mulch the soil to conserve moisture. Though hardy in zones 3 to 11, you will need to provide a bit of winter protection when growing mint in containers in colder regions. Either sink the container in a vacant spot in the garden or move the planter into an unheated garage. Water thoroughly whenever the soil is thawed and dry.

Gardeners lacking outdoor growing space or in areas with cold winters can also grow this herb indoors. Grow mint in a quality well-drained potting mix. Place in a sunny window or under artificial lights and keep the soil evenly moist.

Harvest the mint leaves as needed. Cut leafy stems off the plant just above a healthy leaf or bud so the wound closes faster and the remaining plant will look better. Rinse off the clippings and remove tough stems and bad leaves before adding mint to your favorite beverage or dish.



FRESH-FROM-THE-GARDEN mint is easy to grow and adds a cool, fresh flavor to meals, beverages and desserts.

Photo courtesy of MelindaMyers.com

You'll enjoy the most intense flavor when harvesting mint just before the plants begin to flower. This is the best time to make larger harvests for drying and freezing. Fortunately, you can remove up to 75% of foliage from an established plant. Watch for fresh, new growth and continue to harvest as needed.

Store any extra mint cuttings in a vase of water, loosely cover with a plastic bag and place in the refrigerator.

Consider including mint in your patio, balcony or deck plantings. Keeping it close to the kitchen and outdoor living space will make it easy for you to harvest and use. Plus, your guests will enjoy plucking a few fresh mint leaves to add to their iced tea, mojito, other favorite summer beverage or salad.

Not only does this easy-to-grow herb add flavor, but it also aids digestion. Add a garnish of mint to dress up the dessert plate and calm a queasy stomach. And use it to increase the manganese, vitamin C and vitamin A levels in your diet.

Make this the year you plant, harvest and enjoy some minty fresh flavor straight from the garden.

Melinda Myers has written more than 20 gardening books, including The Midwest Gardener's Handbook and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine. Her web site is www.MelindaMyers.com.

WHAT'S COOKING

with
Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Stacey's Apple Dumplings

By MARIE

Remember apple dumplings? Recipes for this treat have been around for years passed down through friends and online!

Recently my granddaughter, Stacey, found a great recipe for apple dumplings. We all enjoyed them so much and I enjoy anything with a crust, I wanted to share this delicious apple dumpling recipe with you.

Ingredients and Directions

1 pie crust - either purchased or home-made

6 Granny Smith apples

1 tablespoon of cinnamon

1/2 cup of brown sugar

6 teaspoons of butter

First, core apples and cut the pie crust into squares a little larger than the size of your apple so you will be able to wrap the apple in dough.

Mix the brown sugar and cinnamon together.

In each apple put a teaspoon of butter and a sprinkle of cinnamon and brown sugar mixture and then sprinkle cinnamon around the perimeter of apple.

Place apple in middle of piece of crust, fold over apple and secure it by pressing in place.

Place apples on a cookie sheet that has been prepared with parchment paper or slightly greased and bake uncovered in a 350-degree oven. These can be served with ice cream, whipped cream or just plain.

Healthy Chicken Salad

By SUZIE

Here is a wonderful and healthy summer chicken salad recipe. This is also a huge hit at parties served on a bed of mixed greens with some added tomatoes for color.

Chicken thighs are the most flavorful and do not get dry like breasts do, so don't switch them out. This is much better than the traditional chicken salad using boiled chicken. Enjoy!

An easy and light lunch or dinner, this recipe will satisfy the pickiest of eaters.

Roasted Chicken Salad

About 6 organic chicken thighs (boneless and skinless)

Three stalks organic celery, sliced thinly

1 teaspoon dried thyme

2 tablespoons minced red onion

3 tablespoons olive oil (extra virgin)
Sea salt and black pepper to taste
1/4 cup either full fat Greek yogurt or sheeps milk yogurt (I like Old Chatham Farm brand)

2 tablespoons organic dijon mustard
1 tablespoon apple cider vinegar (I like Braggs organic)

Mixed lettuces, or greens. I like combining baby spinach with romaine
Sweet paprika for color

Heat oven to 400.

Toss the chicken, thyme, salt, pepper, and 2 tablespoons of the oil together.

Bake for about 20 minutes, turning about half way.

Let cool and cut into bite size pieces.

Whisk together oil, more salt and pepper, yogurt, mustard, onion and vinegar until well blended.

Sprinkle with sweet paprika.

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Social Security Matters

What Are My Wife's Options As My Survivor?

By RUSSELL GLOOR

National Social Security Advisor

At the AMAC Foundation, The Non-Profit Arm
Of the Association of Mature American Citizens

Dear Rusty: I'm 60 and my wife is 62. I have terminal Stage IV prostate cancer, but my wife is in pretty good health. If I draw at 62 would that affect my wife's survivor benefits? When should she start to withdraw? Also, when I die what would she get? Would she get her SS and then something of mine? Or must she choose between keeping hers and taking my survivor benefit? Please assist - I don't have much energy anymore. **Signed: Running on Empty**

Dear Running on Empty: Sorry to hear of your illness and I commend you for planning ahead for your wife. As your surviving widow, your wife's survivor benefit will be based upon the amount you were receiving at your death, but it will also be affected by her age when she claims it. So, yes, if you claim at age 62 it will mean a smaller widow's benefit than your wife might otherwise get if you waited longer. But there is also a special rule, known as the "widows limit" which will affect your wife's survivor benefit. The widow's limit stipulates that the minimum benefit your wife will receive as your survivor is 82.5% of the amount you would have been due at your full retirement age (67). So even if you claim at age 62 and take a 30% cut in your own benefit, your wife will still get 82.5% of what you were entitled to at your full retirement age (FRA). However, as I said, your wife's survivor benefit amount will also be based upon her age when she claims it, and she isn't required to claim it immediately upon your death.

Your wife's survivor benefit as your widow will reach maximum when she reaches her own full retirement age, and if she claims it prior to her FRA, it will be reduced 4.75% for each full year earlier than her FRA. But if her benefit as your widow will be more than her own SS retirement benefit, she can take (or continue to receive) her own SS benefit and wait until her survivor benefit reaches maximum at her FRA. Or alternatively, if your wife is not yet collecting her own SS benefit, she could choose to let her own benefit grow and reach maximum at age 70 and take her smaller survivor benefit first. She will get whichever benefit is more - her survivor benefit or her own, and she will have a choice of which one to take and when to choose it.

Finally, depending upon the extent of your disability, you may wish to consider applying for Social Security Disability Insurance (SSDI) benefits earlier than age 62. Advanced prostate cancer is on Social Security's Compassionate Allowance List, and this would expedite processing of your SSDI application, resulting in a decision within a few weeks instead of a few months. Doing so would not affect your wife's claiming options upon your death, and it may make her survivor benefit higher because your SSDI benefit would be based on your FRA benefit entitlement.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

Local Aid Up \$4 Million This Year

By SCOTT JACKSON

The city of Quincy is set to receive nearly \$4 million more in local aid from the state during the current fiscal year than it did in the past year. The state budget also provides a number of earmarks to institutions throughout the city.

The state budget for fiscal year 2022, which began July 1, provides Quincy with \$31.87 million in million Chapter 70 money and \$20.99 million in unrestricted general government aid. Those are up from \$28.65 million and \$20.28 million in fiscal year 2021, respectively, an overall increase of \$3.93 million, according to Sen. John Keenan's office.

The Chapter 70 funds are used for education while unrestricted general government aid can be used for various items.

"The education is specifically for education. The unrestricted general government aid is just money that goes to the city and they can use it as they deem necessary and it goes to police, fire, to DPW, to parks, to veterans' services - all those types of things," Keenan, a Quincy Democrat, said in a recent interview.

Lawmakers from both chambers and Gov. Charlie Baker agreed to the local aid figures in this year's budget early on in the process, Keenan explained, giving municipalities advanced notice of what they could expect to get from the state as they prepared their budgets.

"We come up with a consensus revenue figure relatively early on in the process and then the last few sessions we have come up an agreed upon local aid amount and generally that has held from the time the governor has introduced [his budget], through the House process and through the Senate process," Keenan

said. "It is consistent with what was announced early in the process."

That early agreement on local aid figures is relatively new development, Keenan stated. He recalled having to use spreadsheets to keep track of local aid figures in the three separate budget proposals on Beacon Hill - one from the governor and one each from the House and Senate - while serving as the executive secretary to then Mayor James Sheets from 1997 to 2001.

"Back then there would be different amounts and you would have to see what would come out of the conference committee and then what the governor would ultimately do with it, but that process, for the last few sessions, has been pretty much agreed upon up front as to what the dollar figures would be to give the cities and towns a chance to plan," Keenan said.

"Last year was the exception. We didn't know for quite some time as to what they were going to get. We told [communities] to plan on cuts to local aid, but fortunately we were able to avoid that."

The budget also includes a number of earmarks for institutions in the city. Keenan said he works with his counterparts in the House to help secure those earmarks.

"We kind of coordinate - Rep. Ayers, Rep. Chan, Rep. Mariano and myself - as to strategy on how we will approach it," Keenan said.

"This year, for instance, Rep. Ayers was able to get some funding for the ferry service, Speaker Mariano got some funding for the Friends of Faxon Park for improvements in the park, Rep. Chan was able to secure some funding for Quincy Asian Resources and the Germantown Neighborhood Center."

The budget includes \$110,000 for improvement, preparedness and operations of the ferry service at Squantum Point Park. It also includes \$100,000 for Quincy Asian Resources and \$50,000 each for the Friends of Faxon Park and the Germantown Neighborhood Center.

Keenan said he worked to allocate \$60,000 to the United First Parish Church in Quincy Center, also known as the Church of the Presidents, to help install a sprinkler system. He said he wants to protect the church - which contains the final resting place of Presidents John and John Quincy Adams - against a fire like the 2019 conflagration at Notre-Dame de Paris, which destroyed the cathedral's spire and much of its roof.

"One of the things I worked on was the Church of the Presidents. We have done this maybe three of the last five years, gotten them funding to move towards having the building as sprinklered as possible," Keenan said.

"When you look at what happened over at Notre

Dame, what happened to that beautiful church, I can't imagine if there was ever a fire in our Church of Presidents and not having a sprinkler system.

"We were able to secure funding...that has moved them closer toward having the building upgraded in terms of fire safety, particularly with sprinklers. They have used the money to stop leaks that were getting into the basement that affected their electrical service. They have used the money to upgrade their electrical service so that it is sufficient to take care of the electrical part of a sprinkler system. They have used some money towards some designing/engineering of a sprinkler system that would work best in the type of structure it is. And, they have the water ability because of the park that was done over, so they have the water pressure they need."

Other earmarks for Quincy-based organizations in the budget include \$900,000 for metropolitan Boston beaches, which includes Wollaston Beach; \$250,000 for Manet Community Health Center, which Keenan said will enable Manet to offer service on Sundays; \$100,000 for the Gavin Foundation; \$100,000 to Quincy College for student support; \$96,000 for the Quincy Fire Department that will be used for the hazmat unit and for breathing, safety and firefighter locator equipment; \$95,000

Cont'd On Page 11

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On Thursday, July 29, at approximately 3:45 p.m., multiple units were dispatched to the area of 600 Southern Artery for a report of an armed robbery of a moped that had just occurred. Once on scene, the moped was recovered, but the suspect was still at large.

The suspect was last seen headed in the direction of the Pet Supplies Plus on Southern Artery. QPD dispatch informed responding units that the suspect pulled a knife on the victim involved and described the suspect as a black male, wearing a puffy jacket. Witnesses stated that the suspect had since taken his sweat pants off and now wearing shorts. The male was accompanied by a female.

Officer Fitzgerald arrived on scene and began to take statements from the victim and witnesses. The victim said his moped was stolen from Wendy's. He explained that his friends came to visit him at work and witnessed the theft. One friend (witness) stated that he observed the theft taking place and alerted his friend. The witness, and another friend on scene, chased the male and female down the street. When the friends got close, the suspect pulled a knife from his waistband and pointed it at the witnesses. The witnesses then saw the suspect take off running while the female stayed with the moped in the driveway to Quirk Nissan, 600 Southern Artery.

While scanning the area on Pond Street, Officer Benvie noticed a puffy jacket close to the sidewalk on the ground at the Pond Street Playground. Sergeant D. Flaherty was on scene of where the incident occurred and Officer Benvie asked him to confirm if the color of the puffy jacket was black. The victim and witnesses stated the color of the suspect's jacket was maroon. Upon closer examination of the jacket, Officer Benvie found it was black on one side and maroon on the other. With the jacket was a pair of green camouflage pants with a belt still in the belt loops that had a wallet in one of the pockets.

Directly across from the Pond Street Playground is 39 Pond St., a multi-unit brick building. Officer Benvie checked the rear of the building and observed a black male in the rear entry way of the building, crouched down in what appeared to be an attempt to avoid detection. Immediately upon seeing him, Officer Benvie notified dispatch and two additional units responded to his location. Officer Benvie advised the male not to move and to put his hands up so Officer Benvie could see them. He then instructed the sus-

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS
Public Information Officer
Quincy Police Department

pect to lay on his stomach and to put his hands behind his back. The suspect complied and was placed in handcuffs by Officer Benvie. Officer Sorgi transported the suspect to the scene of the original crime where a show-up was conducted.

All witnesses positively identified the suspect as the person who stole the moped. He was also identified as the individual that pulled a knife on two witnesses. The female

suspect was positively identified as well. The knife involved was discarded near the moped. Officer Fitzgerald secured the knife as evidence. The clothing found on the ground on Pond Street was secured by Officer Benvie. A wallet belonging to the suspect was located in one of the pockets.

The suspect, an 18-year-old from Dorchester, was arrested and charged with Armed Robbery to wit a knife and Larceny of a Motor Vehicle (moped). The suspect was held on \$10,000 cash bail.

The female suspect, a 15-year-old from Weymouth, was released to a family member and will be summonsed to Quincy District for armed robbery to wit a knife and larceny of a motor vehicle (moped).

Great work!

Tips For Preventing Bicycle Theft

By KARYN BARKAS
Quincy Police Public Information Officer

We are seeing an increase in bicycle and scooter theft. If you bike or scooter is stolen, ALWAYS report it by contacting 617-479-1212. We currently have dozens of unclaimed bicycles!

Here are some tips on preventing bike theft.

1.) Record your bike's serial number and take a photo of the unlocked bike. Some bikes also have a QR code that you can scan. Keep the receipt. All will help you identify the bike should it be stolen / recovered.

2.) Always lock your bike, even if you're just leaving it for a moment. Leave it in as public a place as possible.

3.) Always use a high quality "U" or "D" lock - or a cable lock. If you use a cable lock, make sure it is a thick one with interwoven threads

4.) Always lock the frame and front wheel to either a bike rack or pole. For added security, remove the front wheel and lock it with the frame and rear wheel

5.) Lock your bike when keeping it in a garage, on a porch, or even in the backyard

6.) Put license # (or parents license#) in a conspicuous place for recovery purposes

7.) Consider purchasing a motion-activated anti-theft bike alarm. They can be found on Amazon for less than \$25.

Preventing Scooter Theft:

1.) Carefully choose the place you park and store your

scooter. Select locations that are well-lit with moderate foot traffic.

2.) Lock the steering column if your scooter is equipped with this feature. This mechanism can prevent someone from pushing your scooter down the street. However, if your scooter is light, or if there is more than one person taking it, they can just lift the front wheel to defeat the steering column lock.

3.) Secure your scooter to an immovable object with a heavy-duty lock and chain. Good objects to use are light poles and bike racks. Do not use objects that are short because thieves can lift your scooter over these objects and avoid structures that can easily be cut down such as street signs.

4.) When locking your scooter remove as much slack from the chain as possible and always secure locks with the key hole pointing down. This reduces access to lock pickers and also cuts down on the amount of leverage a would-be thief can gain to break your lock.

5.) Use a secondary locking mechanism such as a disc lock or throttle lock. The more difficult your scooter appears to be for a thief, the more likely he is to find a different victim.

6.) Consider purchasing a scooter alarm system. These alarms may be motion activated or tilt activated. Several models feature remote notification that will alert you if someone is tampering with your scooter.

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, JULY 30

VANDALISM/PROPERTY (car), 8:32 a.m., Prospect Hill Street. Car covered in feces. Case number given. No suspect info at this time.

VANDALISM/PROPERTY (car), 2:47 p.m., Union Street. Car egged, possibly by neighborhood kids. Case number given.

LARCENY/MOTOR VEHICLE, 7:24 p.m., Presidential Drive. Last time car was seen was at 9 a.m. in the back parking lot. Caller will come to QPD lobby to fill out the stolen MV form.

SATURDAY, JULY 31

LARCENY (female), 1:20 a.m., Victory Road. Reporting party states that a female walked over to his car and offered him money to either call 911 or give her a ride. Reporting party states "she looks banged up" and that she was drunk. Reporting party left location and stated she started to walk around no direction given. Female is described as dark blonde hair, black wedge shoes, white jacket, ripped jeans and a light blue purse. Reporting party in the QPD lobby states that she is a waitress at the Reelhouse and she had a customer who was extremely drunk steal her phone around midnight. The description reporting party gave was the exact same description as original caller. Attempt to call the phone went straight to voice message. Reporting party states female was with two other females and an older male.

No description was given. Report to be filed.

LARCENY (male/female), 4:12 p.m., City View Lane. Verbal at this time female leaving taking her stuff and some of his. Female under arrest for warrants. Larceny of medication. Report filed, no charges at this time. Larceny report submitted.

BREAKING & ENTERING/PAST (moped stolen), 5:33, Sea Street. In QPD lobby - no VIN, has make and model. Owner provided VIN Aug. 2, entry made.

SUNDAY, AUG. 1

LARCENY/MOTOR VEHICLE (moped), 10:23 a.m., Adams Inn, 29 Hancock St. Employee moped stolen. Report to be filed.

VANDALISM/PROPERTY (car), 11:43 a.m., Wesson Ave. Reporting party states car was parked in front of above address. Reporting party believes there are no cameras in the area that he is aware of. Reporting party states does not have any suspect information and does know who would do this to his car. Case number provided.

LARCENY (gas tank empty), 1:56 p.m., Sea Street. Gas tank emptied out was full last night. Male did not drive vehicle. Has happened before believes gas syphon hose was used.

BREAKING AND ENTERING/ATTEMPT (past dwelling) 9:59 p.m., Palmer Street. Reporting party came home to find a window screen pushed into the house, unsure if anything was taken. Report filed.

MONDAY, AUG. 2

VANDALISM/PROPERTY (window), 7:44 a.m., Parke Avenue.

LARCENY/MOTOR VEHICLE (scooter), 8:09 a.m.,

Rhoda Street. Report and form to be filed.

LARCENY (black mountain bike), 9:54 a.m., Robertson Street. Female in the QPD lobby now. From the garage was unlocked, this morning. Report.

LARCENY/MOTOR VEHICLE, 10:04 a.m., Neponset Landing, Hancock Street. Caller in police lobby.

BREAKING AND ENTERING/PAST (basement apartment), 10:27 a.m., Sagamore Street. Report to be filed. Made entry with key, residents present were not aware of an attempted B&E.

INDECENT EXPOSURE (male/female) 5:55 p.m., Sea Monkey Marina, Southern Artery. Brewster notified, one party to hospital - one sent on way. Report filed. Transport to SSH.

LARCENY/MOTOR VEHICLE (two dirtbikes), 7:25 p.m., Southern Artery. Neighbor has video of the people going into the yard. They were taken from the shed. Report filed.

TUESDAY, AUG. 3

BREAKING AND ENTERING/PAST, 9:12 a.m., Brook Road. Happened this morning, missing a bike. Report to be filed.

LARCENY (bank funds), 9:27 a.m., Willard Street. Reporting party from QPD lobby was contacted by Century Bank that his father's account had funds taken out fraudulently by known persons. Report party has additional information regarding stolen funds.

LARCENY (past), 9:30 a.m., Walmart, Falls Boulevard. Over \$1,200. Arrest made.

LARCENY/MOTOR VEHICLE (red Chev), 7:29 p.m., Farrington Street. Red Chevy was parked there now it is gone. Last seen one hour ago. See caller. Report to be filed, form filled out.

WEDNESDAY, AUG. 4

VANDALISM/PROPERTY (slashed car tires), 5:53 a.m., Holmes Street. Car parked in front of above.

VANDALISM/PROPERTY (to car window), 12:41 p.m., Creedon Field, Newbury Avenue. Car door window. Case number provided.

BREAKING AND ENTERING/PAST, 3:01 p.m., Quincy Housing Authority, Clay Street. Reporting party came home today and noticed someone has gone through her apartment. Medication missing, apartment was ran-

Cont'd On Page 11

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12

2021

Local Aid Up \$4 Million This Year

Cont'd From Page 9

for State Police patrols on Quincy Shore Drive and Furnace Brook Parkway; and \$25,000 for the Ward 2 Civic Association.

Keenan noted a separate provision in the budget will make Quincy College eligible to receive support from the Offshore Wind Energy Career Training Trust Fund.

"Quincy College could be one of the places where programs are offered to support that growing industry," he stated.

The total state budget for FY22 as signed into law by Baker on July 16 is \$47.6 billion, up from the \$45.9 billion budget for FY21 that was approved last December – the FY21 budget was passed months later than usual because of the COVID-19 pandemic.

Keenan noted the new budget does not include any one-time revenues and no money would be taken out of the state's stabilization fund, also known as the rainy day fund. In fact, the budget sets aside \$1.2 billion for the stabilization fund, which would bring its total to \$5.8 billion by the end of the current fiscal year.

"We have in the past relied on one-time revenues to balance the budget and this year we have gotten away from one-time revenues. We did not have to draw on the stabilization fund," Keenan said.

"There will be a substantial contribution to the stabilization, rainy day, fund and the hope is that by the end of fiscal year 2022 the stabilization fund will be approaching \$6 billion, which would be the largest we have ever had.

"That is with some pretty

healthy spending and investment in the budget and it is separate and apart from federal money that is coming in, so that will put us in a very good position when it comes to bonding in terms of how the bonding agencies look at our rating. That is a pretty big step forward – it's good."

In addition to money in the budget, Quincy will receive just under \$1.9 million in Chapter 90 funds, which can be used for things like streets and sidewalks, from the state in FY22. That is a \$9,800 decrease from FY21. The legislature approved a total of \$200 million in Chapter 90 for the current fiscal year, the same figure lawmakers had approved in previous years.

To give cities and towns more flexibility, Keenan said he would like the legislature to approve Chapter 90 funding for multiple years rather than one-year authorizations.

"I moved on the Senate floor to make it a multi-year authorization and in the past I have moved to make it multi-year at \$300 million per year, but those efforts are ongoing," he said.

"I thought this was the year to make it multi-year because they are getting federal funding, Chapter 90 funding. The federal money gives them a period of time to utilize it. I thought we should give flexibility to municipalities so they could plan one-, two-, and three-year projects as opposed to focusing on, 'we've got x amount of dollars for this year, we have to use it this year' – it would be better to let them plan and coordinate with the federal funding.

"It did not pass, but I continue to push for it."



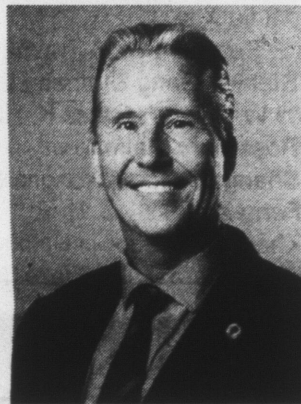
OFF THE HOOK Bar and Grill, 1269 Sea St., Quincy, recently celebrated its grand opening with a ribbon cutting. Owners Brooke and John Galligan (fourth and fifth from the left) welcomed Mayor Tom Koch (third from left) to the opening. Joining the mayor and the Galligans were Ward 1 City Councillor Dave McCarthy (far right), Councillor at Large Noel DiBona (second from left) and Quincy Chamber President Tim Cahill (far left).
Photo Courtesy Quincy Chamber of Commerce

Sheriff's Message: Enjoying Summer Safely

By PATRICK MCDERMOTT
Norfolk County Sheriff

We New Englanders know the value of good weather. Because our winters can be so harsh and our summers so relatively short, we know how to take advantage of the good weather – and the beautiful area where we live – while we can. And despite a pretty wet few weeks, there have been plenty of opportunities to get outside and soak up the sun this summer.

It's important, though, to be prepared to enjoy the summer weather safely. A little bit of prevention (and preparation) can make sure that a day in the sun stays fun. Whether it's knowing basic first aid skills to be able to respond in an emergency, learning to recognize dangers in recreational activities, or simply putting



PATRICK MCDERMOTT

together basic emergency supplies, there are things you can do to ensure that your summer fun stays safe and enjoyable.

Summer fun often means lots of physical activity, which can be physically taxing, especially when it's hot. It also comes the potential for injuries, accidents, or unforeseen medical problems. One way to reduce the risk that these events pose is to be trained in First Aid and CPR. The presence

of someone trained in First Aid during an emergency can significantly reduce the severity of the event, potentially saving a life or avoiding serious injury. Whether responding to a broken arm, resuscitating a drowning victim, or recognizing the signs of a heart attack or stroke, a person with First Aid/CPR training can provide life-saving care in the crucial first few moments of an emergency.

Luckily, there are plenty of ways to get trained in First Aid and CPR. Organizations like the Red Cross, the American Heart Association, and Heart Savers offer a number of online and in-person classes that can help you be prepared in case of an emergency. Many employers also offer First Aid & CPR training to employees through these and simi-

lar organizations, so check to see if your employer offers such classes or would be willing to provide them.

When it gets hot, many of us make a beeline straight for the water, and Norfolk County has plenty of water to keep us cool, with over 100 lakes and ponds and an extensive coastline. Swimming and water sports are a great way to cool off on a hot summer day, but it's important to do so safely and know your limits. The DCR provides free swimming lessons across the Commonwealth, and organizations such as the Red Cross, Boys & Girls Clubs, and the YMCA also offer swimming classes for both children and adults. Additionally, your town may offer free or discounted swimming lessons through its Parks and Recreation Department.

Cont'd On Page 13

CRIME AWARENESS JOURNAL

Cont'd From Page 10

sacked; things were unhooked, all cabinets were open. Report to be filed.

BREAKING AND ENTERING/PAST (business), 5:12 p.m., Northeast Addiction Treatment, Miller Stile Road. Reporting party states male climbed in the back side window of building, took car keys and took the vehicle for a few hours and returned vehicle but still has keys. Reporting party has video footage that is blurry but she thinks she knows the person who broke into building and took vehicle. Reporting party has moved the company vehicle for now as the male still has the keys. Report filed.

LARCENY (past), 6:11 p.m., Curtis Avenue. Caller states workers took \$2,400 from her apartment. Report.

THURSDAY, AUG. 5

LARCENY (possible larceny), 1:12 p.m., Stedman Street. In QPD lobby. Report to be filed.

LARCENY (money), 3:17 p.m., Falls Boulevard. \$500 - report to be filed.

BREAKING AND ENTERING/PAST (dwelling), 7 p.m., Presidents Lane. Reporting party just got home from work and her house is ransacked. Someone broke in

happened sometime today. She states everything has been taken. Report filed.

ASSAULT AND BATTERY (past), 8 p.m., Sunflower Daycare Center, North Central Avenue. See caller in the QPD lobby about a possible past assault that occurred with their child (four years old). Report filed.

LARCENY (mountain bike), 8:13 p.m., Sea Street. He Reporting party states they left a knife they used to cut bike free. Report filed.

Calls For Service: 1,148

Larceny Motor Vehicle: Farrington Street, Quincy Street, 800 block Southern Artery, 100 block Hancock Street (2), Rhoda Street

Breaking & Entering in the Past: Miller Stile Road, Clay Street, Brook Road, Sagamore Street, 100 block Sea Street, Presidents Lane

Breaking & Entering Motor Vehicle: Brook Road, Newbury Street, Mechanic Street, Deerfield Street (2)*, Heath Street*, Lansdowne Street*, Elmwood Park (*arrest made in these breaks)

Breaking & Entering Attempt: Palmer Street

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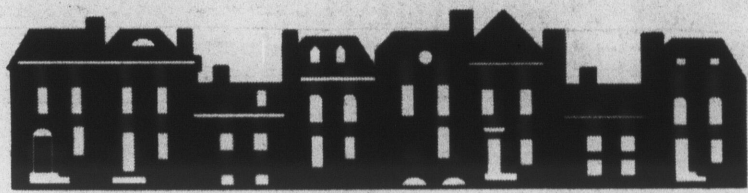
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Real Estate

Quincy Real Estate Transactions Aug. 2 - Aug. 6

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Gerald P. & Margaret S. Gamel
Kevin L. McGuire & Katherine A. Donnelly
250 Whitwell 17 LLC
Allison Ananis & Margaret DiMascio
Charles J. & Patricia M. Henwood
Gretchen A. & Manuel Lima
Jeffrey O & Beth C. Kreidenweis
Christopher R. & Laura M. Cassani
Kim Y. Horrigan
Christopher Wong & Tintin Naingoo
Peng Jin & Zhongling Li
Naixiab Guan, Yuefang Tan, Huimin Xu & Meiqun Guan
Estate of Maureen P. Galewski
Lily Hanssens & Josh Heil
Tommy Chin
Gloria A. Spence
Eleanor C. Flibotte Revocable Trust
Jean Curran
R & K Nominee Trust
Stephanie Lindeborg
Kevin & Rose Donovan
Dan Chen & Xue W Zou
Albi & Arion Selko
Yiannis & Etelvina Rexinis
Samuel S Tubman Family Trust
Dean & Joselita Cerullo
Jing Zhou
Liang Cheng
Lorraine F. Kearney
Eunjin Ahn
Ramzi Ballout & Rima E. Atrache
Sasirat K. Grande, Jurai Cook & Fernando A.C. Grande

BUYER

Sean M. Lehan & Joseph L. McPhee
Tan Chan
Crystal L Wu
Diana A & Asuncion G. Walsh
Brianna Dunk
Thomas F. Williams & Angelica R. Heredia
Laura Ciccelli
Ricardo L. Simone H. De Lemos
MS John LLC
Arben Molla
Alexander Sun
Yim L Niimi
Xianjian Lin & Xueling Chen
Paul Df Wu & Xiaofeng Liu
Yin Chi, Chak W. Ng & Chak Y. Ng
Jeffrey C Garr Revocable Trust
Matthew M. & Mary C. Byrnes
76 Haven Street LLC
128 East Squantum Street LLC
James P Dalabon Irrevocable Trust
Daniel J. & Lisa L. Pierce
Annie Xue
Thomas F. Pecoraro Sr. & Thomas F. Pecoraro Jr.
Stanley Gong & Athena L Zhu
Yi W. Chen & Grace K. Hui
Rosemary Maffei
Shangzhi Guo & Yongna Lu
Feng Xu
Xhensila Pango
Bandit Jaraskul & Elaine Moy
Muling Cai
Fernando Gomes

AMOUNT

\$485,000.00
\$455,170.00
\$306,000.00
\$529,900.00
\$299,900.00
\$495,000.00
\$840,000.00
\$898,000.00
\$501,000.00
\$375,000.00
\$374,000.00
\$985,000.00
\$600,000.00
\$670,000.00
\$500,000.00
\$565,000.00
\$550,000.00
\$240,000.00
\$5,520,000.00
\$420,000.00
\$649,000.00
\$672,000.00
\$300,000.00
\$882,600.00
\$280,000.00
\$710,000.00
\$431,000.00
\$320,000.00
\$305,000.00
\$28,000.00
\$336,000.00
\$550,000.00

ADDRESS

94 Campbell Street
90 Quincy Shore Drive, Unit 807
250 Whitwell Street, Unit 17
10 Seaport Drive, Unit 2206
39 Peterson Road
174 Palmer Street
5 Tilden Commons Drive
35 Ridgewood Lane
56 John Street
215 Thomas Burgin Pkwy, Unit F4
200 Falls Boulevard, Unit H303
190-192 Kendrick Avenue
25 Milton Road
31 Greenview Street
144 Quincy Shore Drive, Unit 134
34 Village Drive, Unit 4-7
21 Homer Road
30 Elcott Road
128 East Squantum Street
38 Independence Avenue, Unit 38
85 Upton Street
28 North Central Avenue
211 West Street, Unit 7B
3 Roselin Avenue
45 Oval Road, Unit 43
27 Whaler Lane
20 Westford Street, Unit B
115 West Squantum St., Unit 217
780 Willard Street, Unit C5
62 South Street, Unit 12
90 Quincy Shore Drive, Unit 806
22 Winslow Road

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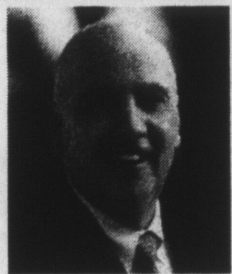
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O'Donnell Supports Mortgage Transparency Bill

Norfolk County Register of Deeds William P. O'Donnell testified in support of legislation that would promote mortgage transparency for consumers before the Joint Committee on the Judiciary in a hearing held at the Massachusetts State House.

O'Donnell testified be-

fore the State Legislature's Joint Committee on the Judiciary in support of Senate Bill #1060 and House Bill #1576. This legislation is designed to increase mortgage transparency by requiring lending institutions to record mortgage assignments at the relevant Registry of Deeds office within 30

days of its execution.

"Passing this legislation into law guarantees that a homeowner would know when a third party has been assigned that homeowner's residential mortgage, since the mortgage assignment must be forwarded to the appropriate Registry of Deeds office for recording," O'Donnell said. "Additionally, consumers facing foreclosure or looking to record a mortgage discharge would benefit as the legislation provides a permanent source of reference to the homeowner as to who is holding that homeowner's mortgage."

O'Donnell pointed out to the state legislators the following, "Senate Bill 1060 and House Bill #1576 are designed to accomplish a goal of providing greater consumer transparency to homeowners when it comes to tracking their mortgage assignments. Another goal of this legislation is to allow Registries of Deeds across Massachusetts to unify their recording practices when it comes to mortgage assignments."

"I am hopeful the Joint Committee on the Judiciary will report the legislation favorably out of committee," O'Donnell said. "This legis-

lation benefits homeowners across Massachusetts as it will eliminate uncertainty as to which lending institution is the mortgage holder of record. If this legislation becomes law it would give the homeowner a transparent and easy way to track what entity holds their residential mortgage."

"Please contact your local State Representative and State Senator urging them to support House Bill #1060 and Senate Bill #1576. It would also be helpful if the members of the Joint Committee on the Judiciary are also contacted and told to report these bills out of committee favorably," he added.

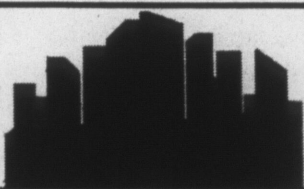
The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information.

All land record research information can be found on the Registry's website www.norfolkdeeds.org.

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.



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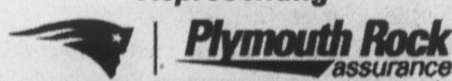
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No Timeline Yet For New Maritime Center

By SCOTT JACKSON

There is no timeline yet for the construction of the new Houghs Neck Maritime Center, Ward 1 Councillor David McCarthy said in a recent interview, as the city continues to negotiate with the owner of one of the homes located near the site.

The old maritime center building, located at 137 Bayview Ave., was demolished in March 2020 as the city prepared to install a new boat ramp in its place.

As part of the plan to replace the facility, the city aimed to acquire three homes in the vicinity of the maritime center's parking lot. The city has been able to acquire two of the homes and negotiations remain underway with the third homeowner, McCarthy said.

"We are still trying to get the third house," he stated. "I am hoping that the guy who owns the house will come around. Right now we are looking, I guess you would call it Plan B, on how to design a maritime center that will be a little different if that house stays there."

There is no timeline for when construction could begin, McCarthy said, with talks between the city and the homeowner underway.

"Right now, no, until we go back and negotiate again," he responded when asked if there was a timeline for construction to begin.

"I know the prices of houses are through the roof, but we have to draw the line at some point. I won't get into numbers, but it started to escalate."

Conceptual plans for the new building were unveiled in August 2017. The plan at that time included a three-story facility with storage space, an office and kitchen, and a community room on the first floor along with exhibition space highlight-

ing Houghs Neck's history; a larger meeting room on the second floor; and office space for the Quincy Police Department's Marine Unit on the top floor. The plan also included outdoor decks on each floor facing seaward to Hingham Bay with an observation tower looking landward toward Houghs Neck with Quincy Bay in the distance.

McCarthy said the new facility would have a similar program, but the building has been scaled down since the conceptual plans were unveiled in 2017.

"The design, we downsized it a little bit," he said. "It was a little large."

In the meantime, the city has restriped the parking lot to better accommodate vehicles without boat trailers, McCarthy said, providing additional spaces for customers headed to area businesses.

"We restriped it to satisfy passenger cars. It was always trailer spots everywhere and it would get ugly in there," he said.

"When you pull in the left side is passenger, the right side is all trailer. We made some extra long trailer spots that were like 45-feet long so if you're driving a pick-up truck and a trailer you can leave it right on the trailer and back in. I think there is about 20 trailer spots. There are also trailer spots on the ramp side too - there is a few over there they can utilize too."

The new boat ramp, located where the old maritime center once stood, is open for the public to use.

"The ramp came out really nice. It was active a lot this year - people have been getting back into boating over the last year. It's done a good job. It's nice," McCarthy said.

"The maritime pier and the maritime docks, everything came out nice."

The boat ramp was installed at a sharper angle than the one it replaced, which will allow boaters to use it outside of high tide. It is also 28 feet wide, twice the width of the present boat ramp. As part of the project, the city installed a permanent dock adjacent to the ramp - previously the Quincy Police Department's Marine Unit installed a temporary dock at the beginning of the boating season and removes it at the end of the season.

The city received a \$680,000 grant from the Massachusetts Seaport Economic Council and \$170,000 from Quincy's Community Preservation Committee to pay for the installation of the new ramp.

The city received an additional \$1 million from the Seaport Economic Council to pay for the design and construction of the new maritime center.

The funds to purchase the homes in the vicinity of the building's parking lot were included in a \$27 million park improvement bond city councillors approved in 2017. That bond, which will be paid for using hotel tax receipts, included money for a number of other projects, such as the Hancock Adams Common in Quincy Center.

City councillors in 2017 unanimously voted to name the new maritime center in honor of Francis X. McCauley. A Houghs Neck native, McCauley is the only individual in Quincy history to serve in all four elected positions in the city - school committee member, ward councillor, councillor at-large and mayor. He served four terms as Quincy's mayor from 1982 to 1989.

Last Community Service Project For Troop 24



IN DECEMBER 2020, Troop 24 of Squantum had its final Court of Honor, celebrating over 50 years of service within the City of Quincy. In the spirit of Scouting, Troop 24 began building two benches for First Church of Squantum, their charter organization, as a thank you for all the years the church allowed the group to meet free of charge. Recently, the troop secured the benches at the church and had a ribbon-cutting ceremony after a Sunday sermon. Scouting will continue to teach children the importance of unconditional generosity and service for years to come. Present from Troop 24 were Scoutmaster Karl DeBisschop, Assistant Scoutmaster Catharina Enbar, Committee member Arthur Erickson, scouts Nicholas Enbar-Salo, Caleb Gray, John Manning, Pastor Doug Gray and many church members. Shown here in the photo, left to right: Nicholas Enbar-Salo, Pastor Gray, Catharina Enbar, Caleb Gray, John Manning, Karl DeBisschop and Arthur Erickson.

Courtesy Photo

Quincy Police Pepper Spray Class Aug. 26

The Quincy Police Crime Prevention Unit announces a free Pepper Spray class will be held at the Quincy Police Station, 1 Sea St., on Thursday, Aug. 26th from 6 to 7:30 p.m.

The class is open to anyone 18 years of age or older.

The course will cover:

What is pepper spray, how to use pepper spray, when to use pepper spray, which pepper spray to get, where to get it, and how to carry it, the effects of pepper spray and how to treat yourself to exposure.

No one will be pepper sprayed. Class participants are instructed not to bring pepper spray to class.

You must pre-register. To enroll or get additional information, contact Lt. Matt Tobin at mtobin@quincy-ma.gov.

Sheriff: Enjoying Summer Safely

Cont'd From Page 11

Another danger in the summer months is children or pets left inside cars. It takes only minutes for an un-air conditioned car with its windows rolled up to reach life-threateningly hot internal temperatures as the heat gets trapped inside the greenhouse-like interior. Not only is it dangerous, but in Massachusetts, it's illegal

to leave a child or animal inside a car during extreme heat (or cold).

It's also important that while on your summer adventures to have a well-stocked first aid kit. First aid kits can be an important first line of defense to prevent minor injuries from turning into major ones. You can either purchase a first aid kit or put together your own

(the Red Cross has helpful instructions on its website, RedCross.org). If you already have a kit, it's worth checking to make sure that all the supplies are still fully stocked and unexpired.

Whatever way you choose to get out and enjoy our beautiful county, I wish a safe and relaxing summer. Stay safe and have fun!

Bethany Congregational Church

Bethany Congregational Church service for Sunday, Aug. 15 will begin at 9:30 a.m.

Rev. Patrick McCorkle will preach and music will be provided by Paul Frazer as soloist. There will be no Sunday School classes.

There will be a coffee

hour after church with COVID precautions followed.

The church is located at 18 Spear St., Quincy. The website is: bethanycongregationalchurch.org and telephone number is 617-479-7300.

You can attend Bethany services in person or view them on line. Check the

church website for instructions on how to watch.

Broad Horizons Preschool is open and accepting students both full- and part-time. To inquire and/or fill out an application, go to the website at broadhorizonsbethany.com or call 617-471-0022.

First Baptist Church Of Wollaston

The First Baptist Church of Wollaston, 81 Prospect Ave., Quincy, is open for everyone.

For those who have not fully vaccinated, continue to wear mask and safe distance. On-line worship will continue.

The guest preacher will be Rev. Diane Badger and the reader will be Gary

Mahn.

The church online dial-in/Zoom weekly meeting schedule is (see the church website)

- Sunday 9:30 a.m. - Vietnamese Sunday Worship at Fellowship Hall
- Sunday 10:30 a.m. worship service
- Wednesday Community Group Meeting - will

resume after summer.

- Thursday 6:30 p.m. Bible Class - Book of Revelation
- Friday 11 a.m. Prayer Group Meeting

The 150th anniversary of the church will be celebrated Sept. 26.

For inquiries call Lewann Mina, the church administrator at 617-472-0824.

Quincy Access Television
88 Washington Street
Quincy, MA 02169



www.qatv.org
617-376-1440
617-376-1441



Public Access Channel 8

Thursday, August 12
6:00pm: Bethany Congregational Church
7:00pm: On the Road with Jazzy Bill

Friday, August 13
11:30am: LIVE: Currently in Quincy
7:00pm: CIQ Interview: August Moon Preview

Saturday, August 14
12:00pm: On the Road with Jazzy Bill
7:00pm: The Call

Sunday, August 15
10:00am: Bethany Congregational Church
11:30am: Good News

Monday, August 16
7:00pm: CIQ Interview: SS Elder Services
8:00pm: Thomas Crane Library Presents

Tuesday, August 17
7:00pm: In Your Neighborhood: Ward 1
7:30pm: Quincy in Focus

Wednesday, August 18
6:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, August 12
7:00pm: In Your Neighborhood: Ward 1
7:30pm: Real Estate Activity & Recent Happenings

Friday, August 13
4:00pm: Zoning Board of Appeals 8/10
7:00pm: State View: Senator John Keenan
8:00pm: At Your Library: August Happenings
8:30pm: Butler's Pond Meeting 7/29

Saturday/Sunday, August 14/15
9:00am: In the Know: Norfolk Sheriff's Office
9:30pm: State View: Senator John Keenan
10:00am: In Your Neighborhood: Ward 1
10:30am: Butler's Pond Meeting, 7/29
12:00pm: Facial Recognition Meeting 7/30
MA House of Reps Session 8/2 & 8/5
7:30pm: At Your Library: August Happenings

Monday, August 16
7:00pm: Butler's Pond Meeting 7/29

Tuesday, August 17
4:00pm: LIVE: Board of License Commissioners

Wednesday, August 18
7:00pm: In the Know: Norfolk Sheriff's Office

Programming is subject to change.
For a complete list of programs, please visit our website at qatv.org

Phelan Seeks Re-Election As Ward 5 Councillor

Ward 5 City Councillor Charles J. "Chuck" Phelan, Jr. announces his candidacy for re-election.

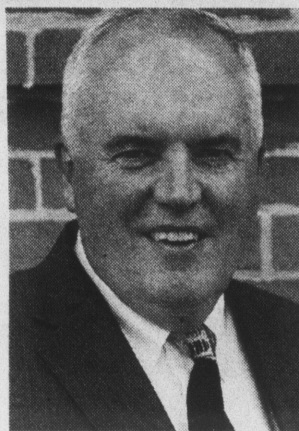
In announcing his candidacy, Phelan made the following statement in a press release to The Quincy Sun:

"It has been an honor and privilege to serve the residents of Ward 5 and Quincy for the past two years on the city council. I am most grateful to voters of Ward 5 for electing me two years ago to serve their interests on the council. While we have all certainly been challenged by the developments and uncertainties of the past two years, our city stands on solid footing financially and we continue to make important progress in many areas.

"I would be remiss, however, if I did not, at the outset, take this opportunity to express my gratitude to the scores of municipal employees and residents of our city who have steadfastly responded to the needs of Quincy citizens throughout the myriad challenges posed by the pandemic. From our dedicated firefighters, police officers and emergency medical responders, to the dedication and professionalism of our health department staff, and the unwavering commitment of our teachers and other city workers, our city has been remarkably well-served in this time of need. I salute all of these special people and thank them for their dedicated service.

"As a lifelong Quincy and Ward 5 resident and homeowner, I bring to my city council responsibilities a deep knowledge of Ward 5, its families and its neighborhoods. As a former city councillor, city council president, and former City of Quincy information technology administrator, I have had the advantage of having years of experience working with city departments, the mayor's office and other agencies. This experience has allowed me to effectively navigate the levers of municipal government to the tangible benefit of my constituents. At the same time, I am a firm believer in the importance of developing fresh perspectives, by listening and learning, and by looking at problems from different vantage points.

"Accessibility. During the past two years, I have kept my promise to be accessible and responsive to the concerns of Ward 5 residents. Your concerns are my concerns. And, as your councillor, I have a proven record of strong and effective leadership in advocating for those concerns and needs. I want to know what's on the minds of my constituents and what their needs are regarding issues large and small, from



CHARLES PHELAN

major quality of life issues having wide impact, to the individual concerns people have in their own neighborhoods. As a ward councillor, I realize that what is often most important to a constituent is what is happening right on their street - issues that impact them every day. I have endeavored to keep residents informed about what's going on in the ward, in their neighborhood, and in the city generally - as I believe this to be a critical role for an effective ward councillor.

"Neighborhoods. One of Quincy's many strengths is our city's attractive and peaceful neighborhoods. A priority of mine as councillor has been to protect the residential character of our neighborhoods. In this regard, I introduced an ordinance that bans short-term residential rentals - commonly referred to as "Airbnbs" - from single-family neighborhoods. Councillors in nearly every ward have encountered persistent problems with this sort of rental to vacationers who often have no connection to the neighborhood, and whose background may be unknown.

"My ordinance was passed by the council and signed by the mayor. This ordinance gives city agencies the authority to regulate short-term rentals in all areas of the city and provides us with an important means of protecting our neighborhoods. In addition, in the past two years, I have worked with the city's traffic department to modify traffic patterns in a successful effort to divert vehicles from using residential neighborhoods as cut-throughs. One complaint I frequently hear from constituents is the problem of traffic gridlock. As your councillor, I will continue my efforts to address traffic concerns, to make improvements in traf-

fic signalization, to improve traffic flow, and reduce congestion.

"Recently, I opposed the mayor's plan to build a bridge over Black's Creek from Pageant Field boat-house to Pine Island adjacent to the Beechwood Knoll neighborhood. This plan would pose an unnecessary threat the ecology of Black's Creek and the surrounding marshland and have an adverse impact on those neighborhoods in proximity to Fenno Street. That plan has now been withdrawn.

"Public Safety. With the continued support of Ward 5 voters, I will continue to be a watchdog for public safety in our community. Working closely with the fire department, our police department and the mayor's office, my unwavering focus has been on supporting the needs of our public safety professionals. From crime prevention to fire safety to pedestrian safety and medical emergency services, I know that it's critical that our city remains vigilant and proactive in offering the best possible services and protection for residents.

"Development. A recurrent concern I hear is that the city is allowing too much development - that there are too many apartment and condominium developments being constructed, seemingly everywhere in the city, adding to already congested roadways. Smart development can be a positive thing for a community. But too much building, and the wrong kind of development, can have a negative effect on our city. As councillor, I have worked closely with neighborhood residents to reduce the size and scope of development projects to ensure such projects are in harmony with existing residential communities. I will continue to work relentlessly to protect our neighborhoods from undesirable development.

"Property Taxes. A central role of the city council is to review and vote on the annual city budget. I am committed to finding, wherever possible, ways to protect taxpayers by opposing unnecessary or inadvisable spending, and by continuing to support initiatives that realize savings by leveraging federal and state funding.

This past spring, I opposed the mayor's plan - while well-intentioned - to purchase a downtown building in part to relocate Quincy College facilities and administrative offices. My feeling is that this sort of financial commitment would have been unnecessary and wasteful, as well as risky for the city. At the same time, I strongly supported the mayor's more prudent plan to obtain bond authorization to fund the city's pension liability, as required by law. This initiative will produce significant savings for taxpayers and is an example of sensible budget planning.

"Schools. As councillor, I will continue to do all I can to support excellence in our schools and to maintain and improve existing programs for all our students in every neighborhood in the city. Quincy's young people deserve nothing less than our strongest commitment to high quality education from kindergarten through grade 12.

"I humbly and respectfully ask for your vote in this fall's city election. If re-elected, I give to all Ward 5 voters my solemn pledge to continue working hard each day on your behalf for the city I love - to continue to be a councillor you can count on. I am not only your city councillor but your neighbor. I know what makes Quincy a wonderful place to live, to work, and to raise a family. With your help, we can continue to work together to preserve all that is great about living in our proud, vibrant city."

READERS FORUM

Conservation Commission Should Do More Than Rubber Stamp Proposed Developments

The Conservation Commission's (CC) flawed decision-making process was on display Wednesday (Aug. 4) when it approved the Jewett Street project. For those who may not know, a developer proposed constructing a two-unit residence on land that's presently a yard with a shed on it. The location of the development is key because it is near an antiquated sewer pipe that could be damaged during construction. It borders Willow Marsh, which is being studied by the Army Corps of Engineers so it can be restored.

At the meeting, neighborhood residents and other concerned parties, including MWRA and EPA employees, raised legitimate concerns, but were told rather rudely, "These concerns have already been raised before. Is there anything new? This committee only deals with flooding, water, and the ground underneath." Vice-Chair Glynn's statement demonstrates the short-sightedness of this committee that seems to rubber stamp development proposals vs. administer properly the Wetlands Protection Act (Massachusetts General Law Chapter 131, Section 40).

In order to fulfill their charge, the CC should ob-

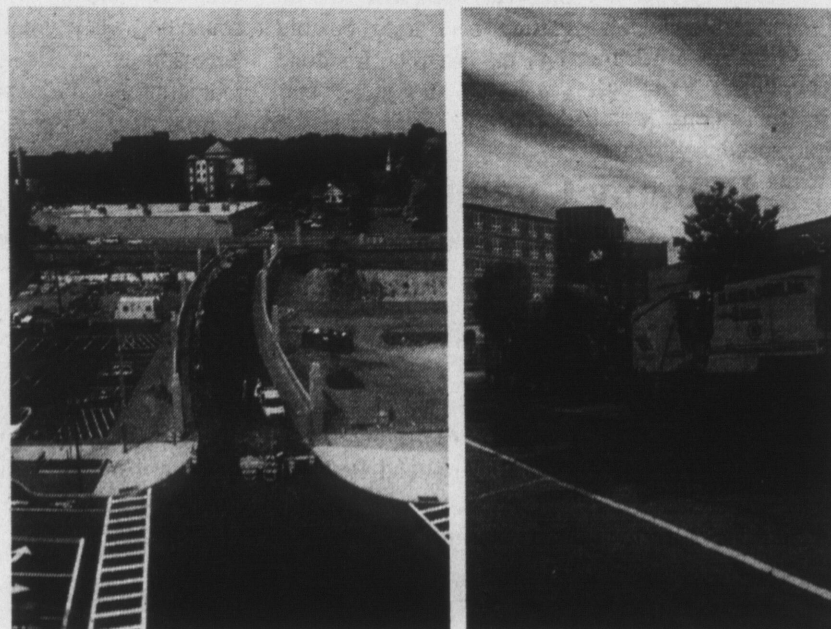
tain adequate information and make a proper analysis of possible impact. The CC should walk back their approval and take the following steps:

1. Ensure the antiquated sewer pipe's viability has been studied. If so, make the report available to the public.
2. CC members should visit the site.
3. The CC should communicate with the Army Corps of Engineers (ACE) and determine the scope of its environmental study of nearby Willow Marsh and the project's goals.
4. Before making any further decisions on development in this area, CC members should learn more about the ACE's project goals and plans.

In addition to delaying the fate of the Jewett Street project, there should also be a review of the composition of the CC. According to the Mass.gov Wetlands Protections Act website, members are supposed to be appointed by the City Council, presumably because they are experts in their fields and impartial. It may be time for the City Council to take stock to ensure the CC fulfills its obligations to the residents of Quincy.

Jorgette Theophilis
Quincy

Downtown Construction Activities Proposed work activities for the week of August 8th, 2021



- The contractor at the General's Bridge project will continue installing new vertical granite curbing along the roadway and masonry veneer at the concrete pilings. The Thomas Burgin Parkway north bound lane on the west side adjacent to the bridge remains closed. Traffic is reduced to one lane in either direction with the concrete barricades on the sides. Vehicular traffic should use caution when entering this area.
- At the McConville Way project the contractor will continue construction of the catenary, waterproofing, and dumpster enclosure in the alleyway between the 1495 and 1500 Hancock St buildings. At the future pocket parks, the contractor will finish fountain testing, setting security cameras, communication equipment and install Wi-Fi transmitters.
- Work continues along the face and above the existing 25 Temple St building for the new structural steel that will support the future addition. Currently, the sidewalk along Temple St at the building remains open during construction.

(The photo on the above left shows an aerial view of the General's Bridge construction facing Thomas Burgin Parkway. The above right photo shows milling of Hancock St with Nova Suite in the background.)
<https://www.quincyma.gov/mycity/> or follow @CityofQuincy on Twitter.

Contact Patrick McCarthy for construction question's at: 781-264-4846 or email at: pmccarthy@woodardcliman.com

Katherine Meehan Graduates Saint Anselm College

Katherine Meehan of Quincy recently graduated Saint Anselm College in Manchester, N.H.

Meehan earned a Bachelor of Arts degree in Communication.

More Quincy news:

The Quincy Sun.com

AUG

12

2021

5 Things To Know About Invasives

Invasive species, non-native and likely to do harm, often displace and destroy plants or animals. They are the largest threat to native wildlife, ecosystems and, according to George Barth, ISA certified arborist at Hartney Greymont, a Davey company, "a considerable threat to urban forests."

Due to the lack of natural competitors and predators, non-native species often increase in numbers and spread swiftly. Barth says the best approaches for dealing with invasive species are early detection and rapid response.

"Detecting invaders quickly, and responding rapidly to eliminate them, is essential to limiting the impact and cost when prevention fails," Barth said. "Plant diverse, native plants and remove invasive plants in your garden."

It is important to learn which invasive species are in your area, and what actions are being done to manage them. Here are some invasives to look out for in your area:

Many cities in Massachusetts are at the forefront of combating invasive species, including Quincy. The National Invasive Species Awareness Week (Feb 24-28, 2020) focuses on positive actions people can take to prevent the spread of invasive species.

Emerald Ash Borer

By now, you've probably heard of the emerald ash borer, often called EAB. It's an incredibly destructive invasive insect that was first detected in Michigan in 2002 and is now in 35 states. It took 10 years for the pest to make it to Massachusetts, but in 2012 it was found in Dalton. Since then, EAB can be found in 169 communities throughout the Commonwealth, as well as, all 5 other New England states. Slow the spread by limiting the movement of all hard-



ASIAN LONGHORNED BEETLE is one invasive pest attacking New England suburbs. Photo courtesy Hartney Greymont

wood, firewood, and green wood products, nursery stock, and any plant materials from any ash species in an effort to stop the spread of this beetle.

Gypsy Moths

The gypsy moth is an invasive forest pest from Europe that is one of the most damaging tree defoliators currently in the U.S. These hairy creatures are nothing new to Massachusetts. They were first introduced in the 1860s by an amateur entomologist in Medford, Massachusetts, and are now well established throughout New England. They hatch from late April to early May in Quincy, and the young caterpillars begin feeding on new tree leaves at the same time.

The City of Quincy has implemented control measures to help combat many invasive infestations. Please keep in mind that only city trees are covered by this treatment plan. As a homeowner, you are responsible for protecting your own trees from any invasive species.

5 Things To Know About Invasives

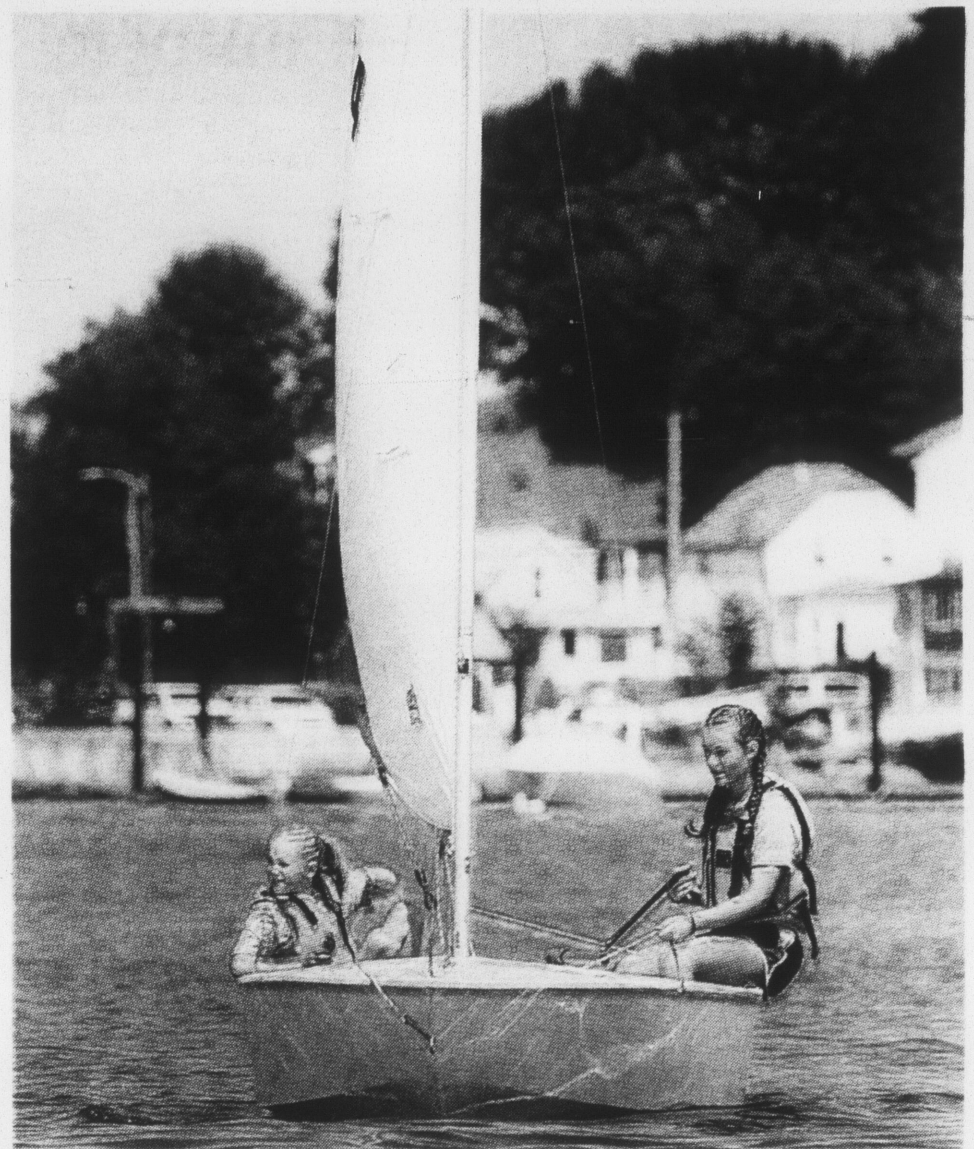
1. Threaten native wildlife and ecosystems by destroying or replacing native food sources.
2. Push many native plants and animals to the brink of extinction.
3. Put 70 million acres of public and private lands at serious risk from 26 different insects and diseases, most of which are non-native invasives—according to the U.S. Forest Service.
4. Cause ecological havoc: Some invasives are

capable of changing ecosystems, such as changing soil chemistry or intensifying wildfires.

5. Cost the U.S. billions of dollars in the effort to control or eradicate these invaders and restore habitats such as inedible lands, clogged waterways, and decimated commercial fisheries. Estimates are that the United States spends \$138 billion per year in damage and associated control costs in the fight against invasives—according to the U.S. Forest Service.

Unfortunately, Barth says that invasives are here to stay. "Our challenge is to recognize which invasives need to be managed and how to effectively manage them."

Consult your local tree expert for an invasives check on your property at www.davey.com



CRUISIN' COUSINS – Town River Yacht Club's Mary Leuchte, left, of Quincy and her cousin, skipper Emery Leuchte, of Scituate, win the N-10 Blue race during the recent Quincy Bay Race Week Regatta. Mary and Emery's last name was misspelled in a photo caption Aug. 5. The Sun regrets the error and is reprinting the photo this week. Quincy Sun Photo/Tom Gorman

\$2.98M Seawall Grant

Cont'd From Page 4

he said. "There is probably one area of Charles Street there is a little dip, but that is more of a drainage [issue] I will probably look at in the coming months. It's just a low spot and of course it can't get the water out when it is high tide."

"Other than that, Edge-water Drive really worked out well."

Once phase two is complete from Babcock Street to Bayswater Road, McCarthy said there a couple of smaller seawall projects he would like to see the city undertake.

"There is a section between Bell Street and the maritime center, the Homestead Ave area, that needs some work. Nut Island Ave, which is on the other side of Brill Field, they are way

down on top of the beach and that needs some work," he stated.

"They are small sections, nothing like we have encountered here or we will encounter when we do phase one and phase two."

In addition, McCarthy said he would like to see if the city could address drainage issues in the Rockland Street neighborhood.

"One thing I want to keep looking at...is Rockland Street down by the creek," he said.

"Rockland Street is almost impossible to come up" with because of the marshland and the wetlands, to come up with any type of seawall, but there are a few things we can do down there with the streets hopefully to upgrade the pipes and the drainage."

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NOV 11, 12

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DEC 16, 17

WHAT CHRISTMAS MEANS TO ME

A musical review to kick off the holiday season!

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APR 21, 22

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Over 100 Youth Compete At Frank Kelly Track Meet

More than 100 youngsters recently competed in the annual Frank Kelly Memorial Track and Field meet hosted by the Quincy Track Club at the Faxon Field Track Complex in Quincy.

The Frank Kelly Memorial Meet was conceived by his widow Irene Kelly, and Track Officials Dennis Hersey and Bill MacKinnon. In 1975 the club had sponsored the highly successful New England States Meet bringing in teams from Maine to Connecticut. With Frank Kelly's untimely death in 1976 it was felt that the meet should be changed to honor Kelly. It has run continuously since then.

Venues holding it began with Veterans' Memorial Stadium then moved to Braintree High while the new track was constructed and also Archbishop Williams Storrs Avenue field before moving to its permanent home at Faxon Field Track Complex. The meet has, of late, been advertised as a Twilight meet for boys and girls ages 5-14. Every kid who registers gets a participant ribbon and then place ribbons in all the running events they participate in. It is the concluding event for the QTC summer program.

With few exceptions, the number of boys and girls participating each summer is over 300. Alumni include three Olympians, 32 NCAA All Americans and 72 Boston Globe All Scholastics and even more Patriot Ledger All Scholastics.

Participants at this year's Kelly Meet from Quincy are:

Jad Alrakawi, Vivian Alves, Benjamin Ardayfio, Xavier Ardayfio, Tommy Barry, Angelina Bartkiewicz, Thomas Bernard, Timothy Bernard, Gabriella Brown, Kensie Carroll, Matthew Cedrone, Aidan



MATT CERONE releases the turbo javelin - one of the field events at the recent Frank Kelly Memorial Meet hosted by the Quincy Track Club at the Faxon Field Track Complex.

Quincy Sun Photos/Robert Bosworth

Chan, Autumn Chan, Sonny Connolly, Ava Daggett, Ben Daggett, Hannah Day, Sofia Day, Eliza DiPaolo, Nick DuPuis, Norham Elhachimi, Ritaje Elhachimi, Colin Geagan, Patrick Geagan, Alexander Geler, Alex Giaquinto, Benjamin Giaquinto, Aanav Gowda, Connor Green, Seth-Odin Green, Elijah Greenidge.

Rhiley Harrigan, Eliza Henry, Harvey Hill, Layla Hill, Henry Huynh, Peter Huynh, Shiyannah Jean-Baptiste, Myles-Quinton Johnson, Chris Joyce, Amine Laichi, Olivia Lam, Tyler Lam, Evan Leung, Kayla Leung, Tyler Leung, Adrianna Long, Jack MacDonald, Keely Maguire, Isaac Marquis, Armand Matijasevic, Milan Matijasevic, Mary McNally, Teresa McNally, Hayden Miller, Makayla Miller, Regina Miller, Sophia Miller, Viktor Miller, Zainab Mohamed, Daniel Mulkern, Benjamin Mwangi, Luke Mwangi.

Blake Nelson, Zoe Nelson, Archisha Niyogi, Abigail Nnah, Camden Nnah, Ezekiel Nnah, Micah Nnah, Olivia Nnah, Talia Nnah, Tamara Nnah, Fay-

lin O'Connell, Anik Ojha, Samik Paliwal, Ethan Poles, Foster Poles, Genevieve Poles, John Poles, Marykate Poles, Damian Povere, Shane Polvere, Sophie Power, Shreya Prakash, Yash Prakash, Fnu Pratyasha, Ava Prioli, Griffin Ragusa, Will Ragusa, Emma Roux.

Wyatt Schow, Carson Scribner, Cayden Scribner, Aubrey Sheehan, Kaleigh Sheehan, Dylan Skolnick, Amelija Slezas, Amanda South, Gianna Spagnolo, Sienna Spagnolo, Olivia Starzyk, Madison Stenberg, Olivia Stenberg, Amy Tan, Bentley Tan, Derek Teevens, River Trousdale, Tanishi Vats, Catherine Wangu, Grace Warren, Tommy Warren, Henry Zerva, Caroline Zuffante, Dylan Zuffante and Jacqueline Zuffante.

Running events included the 800m, 400m, 200m, 100m, hurdles and mini-dash for boys and girls age 4 and under.

Among the field events were the standing long jump, running long jump and the turbo javelin.

Coordinating and running the meet was Quincy Track Club Director Geoff Hennessy.



VIVIAN ALVES clears a hurdle in one of the many track events featured at the recent Frank Kelly Memorial Meet at the Faxon Field Track Complex in Quincy.



ALEX GIAQUINTO leaps in the running long jump at the recent Frank Kelly Memorial Meet. More photos on Page 17, Page 18 and Page 19.

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2021

Frank Kelly Memorial Track And Field Meet



Quincy Sun Photos/Robert Bosworth

CITY OF QUINCY 11TH ANNUAL *Candlelight Vigil*

In memory of all those lost to
overdose and substance use disorder

**TUESDAY AUGUST 31ST
CEREMONY BEGINS AT 7 P.M.**

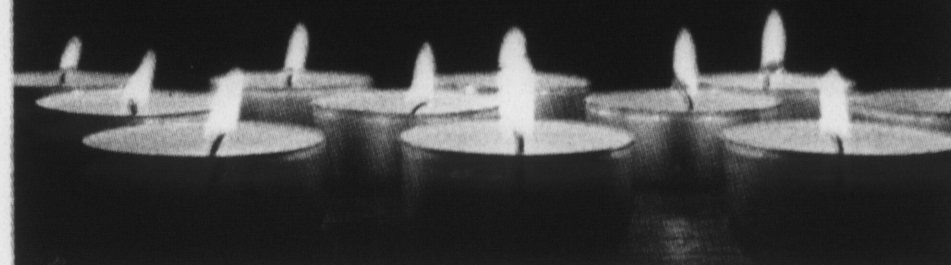
HANCOCK ADAMS COMMON, QUINCY CITY HALL

Rain Location : Quincy High School Auditorium

PHOTO & NAME SUBMISSION:

To have your loved one included in the
video memorial please submit a photo
along with their name in JPEG format to
Lmartin@quincyma.gov by August 25th

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Competing At Frank Kelly Memorial Track And Field Meet



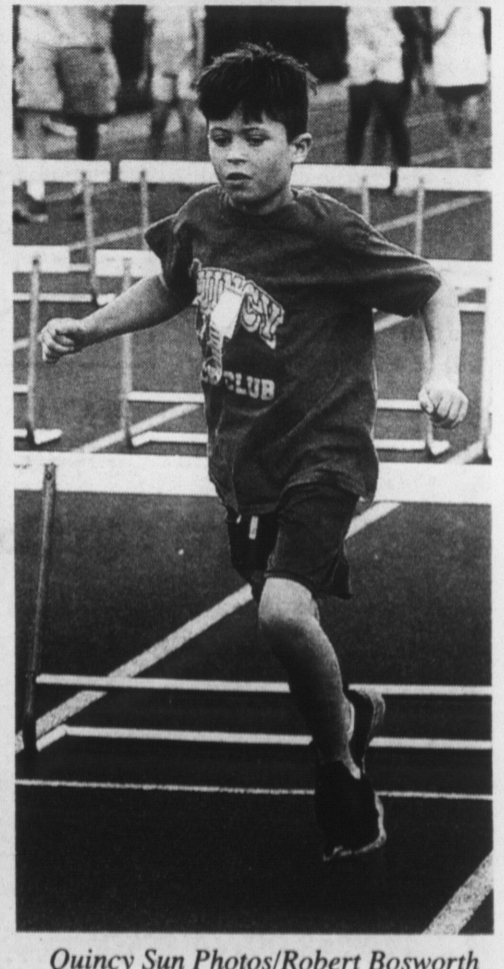
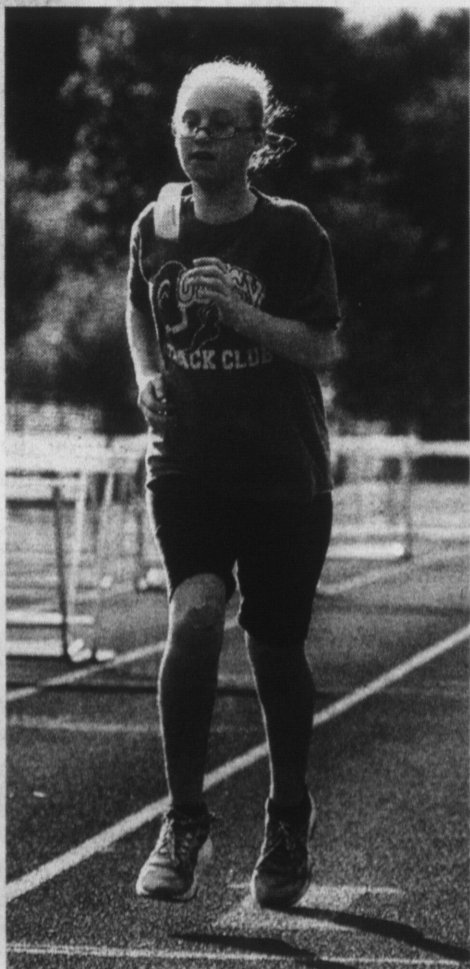
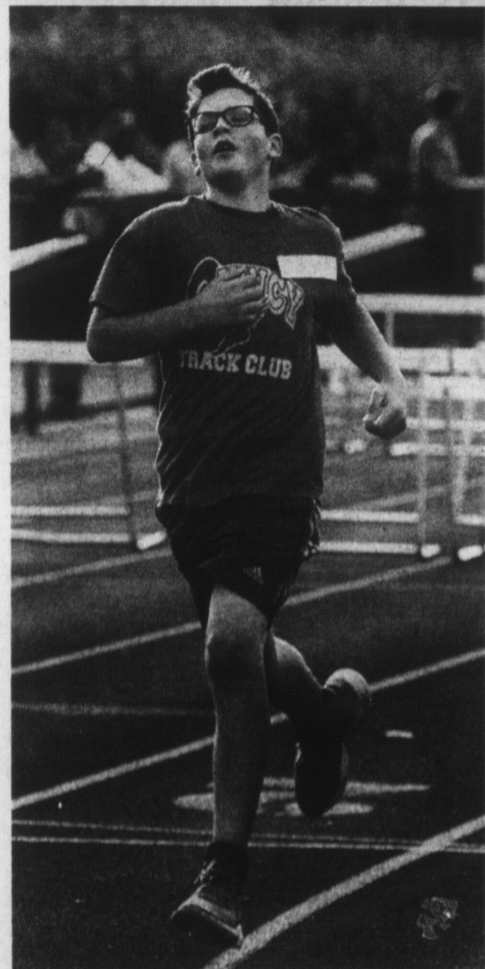
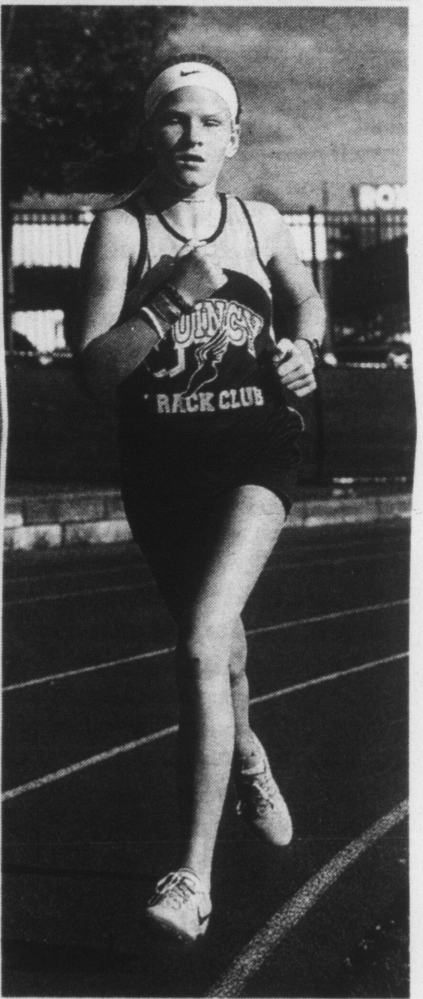
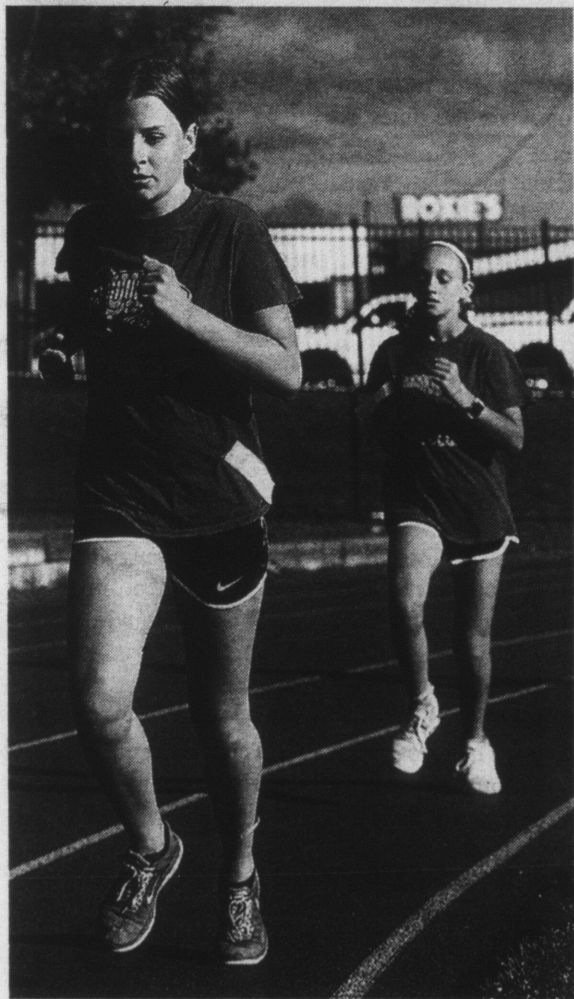
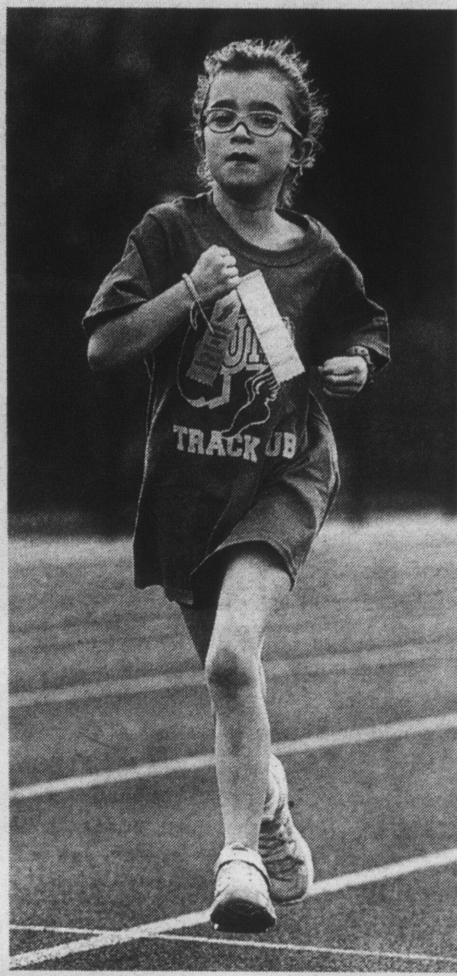
Quincy Sun Photos/Robert Bosworth

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Competing At Frank Kelly Memorial Track And Field Meet



QHS Graduate Jack Nelson Earns Globe Scholarship

For Athletic, Academic Achievement

By TOM JOYCE

Jack Nelson had a busy high school career, and recently received a reward for his achievements in the classroom and on the field.

Nelson was one of 18 student-athletes across the state to receive a Boston Globe Foundation/Richard J. Phelps Scholar-Athlete Award in June. Nine male athletes and nine female athletes across the state received the award. Recipients got a \$3,000 college scholarship for their efforts. The Globe's description of the award says that it goes to students for their "excellence in academics, athletics, and extracurricular activities".

"Throughout high school, I always made a conscious effort to balance schoolwork and athletics," Nelson said. "This was not always an easy task - especially in the early years of high school, I often found myself too consumed in schoolwork to play sports and have a social life. However, I kept working at it, and eventually found a healthy balance."

"To me, being a recipi-

ent of the Richard J. Phelps Scholarship signifies the successful balance of both school and sports," he added. "I am truly honored to have been chosen as a recipient of this scholarship."

Nelson is a 2021 Quincy High grad and multi-sport athlete who excelled in the classroom. He was the valedictorian of his class, sporting a 5.06 grade point average. He was a three-sport athlete in school. He captained both the cross country and track & field teams. He also played baseball for the Presidents and was a pitcher for the Morrisette senior legion baseball team this summer.

Additionally, Nelson was a member of the Yale Model Congress where hundreds of students travel to Yale University and simulate a United States Congress. He also competed on High School Quiz Show which airs on GBH.

Nelson said it was a two-part application process to apply for the award. First, there was a written portion where he had to include information about both his athletic and academic career

at Quincy High. The other part required recommendations: from a teacher, coach, and the school's principal.

While Nelson said that balancing school and sports has its challenges, he offered some advice for those looking to strike that balance.

"Managing school, sports, and a social life took a lot of trial and error," he said. "Each individual is different, so there is no foolproof plan for finding balance between all aspects of your life. It's just a matter of finding what works best for yourself. My best advice would be to remember to have fun. School is undoubtedly important, and sports can be serious, but your high school years will pass by in the blink of an eye if you don't stop and enjoy yourself."

And while the two may seem different from one another, Nelson said that he learned things in school and in sports that were helpful with the other one.

"I learned many skills in my athletic career that helped me in the classroom, and vice versa - the most important being to establish



JACK NELSON, a 2021 graduate of Quincy High School, recently received a Boston Globe Foundation/Richard J. Phelps Scholar-Athlete Award for his achievements in the classroom and on the athletic field. He was among 18 student-athletes across the state honored at a ceremony held at Fenway Park (background), home of the Boston Red Sox.

Courtesy Photo

a sense of community when working towards a common goal," he said. "This is a skill that was developed by running four seasons of track. The road may be rough - we will get injured, we will have bad races, and we will feel like giving up, but we always push through it together."

"The same can be applied to school," he added. "We are surrounded by people

working towards a common goal - we all want to be the best students that we can be. Establishing a family-like bond with our classmates provides us with extra motivation when the times get tough."

Nelson is set to attend Dartmouth College in New Hampshire this fall, an Ivy League school, but he says he will miss his peers.

"It may sound generic, but I will miss the people the most," he said. "The connections that were established with others are unbreakable. We were together every day for months, pushing each other to do our best. I will never forget the feeling of the bus rides home after a successful meet - windows down, music blasting, and celebrating our performances together."

Baker-Polito Announce Vaccine Mandate For Long-Term Care Staff

The Baker-Polito Administration has announced plans to implement a vaccine mandate for long-term care (LTC) staff to strengthen infection control and protect vulnerable residents. COVID-19 vaccination is the most effective method for preventing infection and serious illness from the virus, and staff at long-term

care facilities and other health care providers serving vulnerable populations are critical in efforts to protect older residents.

Since the beginning of the pandemic, the Commonwealth has taken significant steps to support nursing facility residents and staff, including providing over \$260 million in state fund-

ing, staffing supports, and providing over 2.8 million pieces of personal protective equipment (PPE), on top of \$180 million in federal funding. In addition, the state has increased facility accountability through regular infection control surveys and other compliance audits and imposing admission freezes.

There are 378 skilled nursing facilities (Level I-III), as well as the two Soldiers' Homes in Massachusetts. As of August 2nd, 155 facilities had less than 75% of their staff fully vaccinated.

Long Term Care Staff Vaccine Mandate:

Skilled Nursing Facilities (Level I-III), as well as the two Soldiers' Homes (collectively "LTC providers") will be required to ensure

all personnel are fully vaccinated against COVID-19. A Public Health Order will be issued for non-state operated skilled nursing facilities and emergency regulations will be filed for the two state operated soldiers' homes.

Personnel includes all individuals employed directly or by contract by the LTC provider. All unvaccinated personnel are to receive a first dose of a two-dose series by September 1, 2021;

and be fully vaccinated by Oct. 10. To ensure compliance, beginning Oct. 10, the Department of Public Health (DPH) will enforce this mandate for provider operated Skilled Nursing Homes.

The requirement will provide exemptions for those with medical restrictions or sincerely held religious beliefs that prevent them from receiving vaccination.

High Holiday Services At Temple B'nai Shalom

The Jewish new year of 5782 is observed this year. High Holiday Services will be held at Temple B'nai Shalom of Braintree, for Rosh Hashanah the evening of Sept. 6th and on Sept. 7th and Sept. 8th, and for Yom Kippur, runs the evening of Sept. 15th and all day Sept. 16th.

High Holiday Services will be held both in person

and virtually. In order to ensure everyone's safety all who register to attend must show proof of vaccination before admitted to Services. Children under 12 will be required to wear a mask.

To make your reservation and for any questions you may have, call the temple at 781-843-3687 and leave your name, the reason for your call, and your telephone number.

More Quincy news:

The Quincy Sun.com

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Quincy Point Congregational Church

In-person and online worship take place every week at Quincy Point Congregational Church.

Aug. 15 in-person worship will take place at 10 a.m. at Quincy Point Congregational Church, 444 Washington St. in the air-conditioned sanctuary and Rev. Kimberly Murphy will be preaching and Matt Covey will be the soloist of the day. The sanctuary is accessible to all via the Abbey Road side of the church, with designated parking and an elevator.

On-line worship on YouTube will also be on Sunday at 10 a.m. on the Quincy Point Congregational Church channel. Subscribe to "Points" weekly electronic newsletter to receive the link for weekly worship. To sign up for these emails, visit the church website

at www.quincypointcong.org and fill out the form on right hand bottom of page or contact the church office. You can also subscribe The Quincy Point Congregational Church YouTube channel or see worship on Wednesdays at 6 p.m. on QATV channel 8.

Church School for All - Summer edition airs at 9:15 a.m. on the Quincy Point Congregational Church YouTube channel on Sundays. The Summer series is based on the book by Charles Swindoll, "Paw Paw Chuck's Big Ideas in the Bible" and this week Jane Raymond will read, "Heaven Can't Wait" a story about life after death. Great Granny Bear is not feeling well but finds the strength to read a bible story about Jesus' resurrection to her great grand cubs. Due to

copyright guidelines from the publisher this video is designated as "unlisted" so we will need to email you a link to the video. The instructions to make sure you are on the mailing list are above.

The Missions and Social Justice Committee of Quincy Point Congregational Church is sponsoring a summer clothing collection for Quincy Public Schools McKinney Vento Program. Items needed in Children's Sizes XS-XL are: children's underwear (needed most), socks (needed most), t-shirts, sweatpants and leggings. Drive ends on Sept. 26. Drop off to the church on Sundays before worship or weekdays from 9 a.m. to 2 p.m. (ring the church doorbell by the bakery, doorbell at the Abbey Road accessible door or call 617-773-6424).

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NEW STORE ON THE BLOCK 1183 Hancock St., Quincy Ctr. T Station	DAIRY FARM 330 Washington St.	BEALE ST. NEWS AND TOBACCO 17 Beale St.
HANCOCK MARKET 1520 Hancock St.	STOP & SHOP Southern Artery	CVS 42 Beale St.
MIGNOSA'S FRUIT BASKET 138 Granite St.	CVS Southern Artery	COFFEE BREAK CAFE 12 Old Colony Ave.
STAR MARKET 130 Granite St.	7-11 650 Adams St.	SUPREME LIQUORS 615 Hancock St.
WALGREENS 132 Granite St.	7-11 678 Adams St.	SQUANTUM MARKET 205 W. Squantum St.
FRANKLIN ST. BP 60 Franklin St.	VILLAGE COMM. MARKET 100 Willard St.	STOP & SHOP 65 Newport Ave.
7-11 78 Franklin St.	COPELAND LIQUORS 273 Copeland St.	7-11 363 Hancock St.
SHOP N SAVE LIQUORS 20 Independence Ave.	GRANITE MART 308 Willard St.	WALGREENS 324 Hancock St.
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DAILY MART 291 Quincy Ave.	200 FOOD MART 200 Sea St.	CARMINE'S CAFE 69 Huckins Ave.
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OBITUARIES

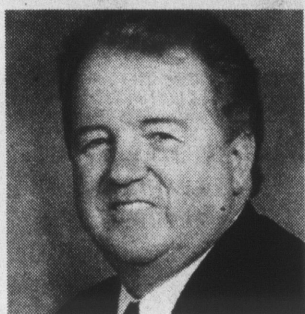
Jerome W. Ford, 77

A funeral Mass for Jerome W. "Jerry" Ford, 77, of Weymouth, was celebrated Aug. 7 in St. Albert the Great Church, Weymouth.

Mr. Ford died July 31 at home after a short illness.

He was born and raised in Quincy and was proud of his roots in Quincy Point. He was the son of the late James and Catherine (Parsley) Ford. Mr. Ford attended St. Joseph's School in Quincy before graduating from Quincy High School in 1961. He married Linda Brown and moved to Weymouth in 1968. Mr. Ford worked as an electrician at General Dynamics Fore River Shipyard, and was a truck driver for Northeastern Vending, Miltons Clothing, Queen Supply, and American Wholesale before retiring from Plumbers Supply in Easton in 2008.

He was an active member



JEROME W. FORD

of St. Albert the Great Parish in East Weymouth, serving as a Eucharistic minister and on the Parish Council for many years. Mr. Ford enjoyed traveling. He had been to all 50 states and had visited the birth places and burial sites of all of the first 43 presidents. Also, he explored his family's heritage in Newfoundland, Canada.

In addition to his loving wife of 53 years, Linda of Weymouth, Mr. Ford is survived by his son Jerome "Jer-

ry" Ford, Jr. and daughter-in-law Megan Donnell and their children Michael and Emerence Morales Donnell of Hanover and his daughter Michelle Ford and son-in-law Charles Aylward and their son, Douglas Aylward of Rowley. He is also survived by his brother Joseph Ford of Palm Coast, FL and many nieces, nephews and cousins. He was predeceased by his siblings Catherine Bigger, Marcia Gill, Patricia "Cissy" Litchfield, James Ford, Elizabeth Ford, and John Ford.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to the American Cancer Society, 3 Speen St., Suite 250, Framingham, MA 01701.

Funeral arrangements were made by McDonald Keohane Funeral Home, South Weymouth.

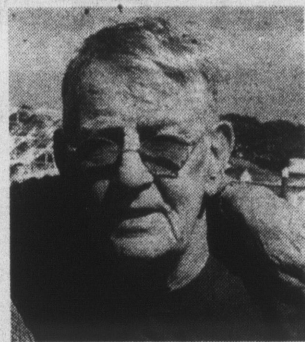
Paul Francis Patrick O'Neill, 78

A funeral Mass for Paul Francis Patrick O'Neill of Quincy and Punta Gorda, Florida, 78, was celebrated Tuesday in St. Ann's Church, Quincy.

Mr. O'Neill passed away unexpectedly in his Quincy home Aug. 3.

He was a well-known and well-loved man. Everywhere he went, he knew someone. Mr. O'Neill was a retired pipe insulation technician at Union Local 6 and belonged to the Sons of Italy in Weymouth, Elks Club in Quincy, The Moose Club in Port Charlotte, FL, American Legion and Deep Creek Country Club in Punta Gorda, FL, and the South Shore Country Club in Hingham. He will be greatly missed by all who knew him.

Mr. O'Neill was the beloved husband of 40 years to Charlene O'Neill and loving son to James G. and Florence (Hefferman) O'Neill. Loving



PAUL FRANCIS PATRICK O'NEILL

father of Kelley O'Neill of NH and Kathleen M. O'Neill of ME, Loving grandfather to his two grandchildren: David O'Neill-Pratt and Madison O'Neill-Pratt both of NH. He is survived by his faithful adoring companion "Spike O'Neill" his 14-year-old Pomeranian as well as several extended family members to include but not limited to nieces and nephews: Kristina Rosario, Cindy Rosario, Crystal Rosario, Louis Rosario Jr., Keley LeBlanc-Stan-

ton, Mark O'Neill, Joseph, Owen and Eric O'Neill all of CA. Mr. O'Neill was also the Godfather to several friends and family members children. He was predeceased by his six brothers: Arthur J O'Neill, James O'Neill, Donald G. O'Neill, Raymond O'Neill, Joseph O'Neill and John O'Neill, and one sister Beverly O'Neill. Godfather to Beth Clancy, Maria Coeriollo-Cullen, Kelly LeBlanc-Stanton, and Michael Gill.

Burial was in Pine Hill Cemetery, Quincy.

Funeral arrangements were made by the Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to MSPCA, Attn: Donation, 350 S. Huntington Ave., Jamaica Plain, MA 02130 or to the ASPCA, 424 E. 92nd St., New York, NY 10128.

Richard A. Giles, 87

Richard A. Giles, age 87, a longtime resident of Weymouth, died peacefully Aug. 6 at Queen Anne Nursing Home in Hingham.

He was born in Quincy, to the late Henry J. and Jessie Mary (MacIsaac) Giles. Raised and educated there, Mr. Giles was a graduate of Quincy High School. He had lived in Weymouth for over fifty years.

Mr. Giles served in the United States Navy during the Korean conflict aboard the USS Cambria (APA-36). He was proud of his service and the Navy.

He was employed as an iron worker and was a member of Local 501 for forty years. He had been retired for many years.

Mr. Giles was a member of the Knights of Columbus.



RICHARD A. GILES

He enjoyed collecting coins and stopwatches. He was an avid Red Sox fan and enjoyed the music of Johnny Cash.

Beloved husband of the late Judith A. (Freeth) Giles. Devoted father of Colleen A. LaRosa and her husband Anthony of Pembroke, Richard A. Giles, Jr. and his wife Linda of Sterling, MI, and Michael E. Giles of Weymouth. Loving grandfather of Christopher LaRosa and his wife

Jennifer, Lauren Candler and her husband Adam, and grandfather of five.

Mr. Giles was the last of five siblings and is also survived by many nieces and nephews.

Interment, with military honors, will take place at the Massachusetts National Cemetery, Bourne, on Aug. 31 at 11:15 a.m. Relatives and friends are invited to attend.

Memorial donations may be made to the Wounded Warrior Project, P.O. Box 758516, Topeka, KS 66675-8516.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.

Thomas E. Lacey, 85

A Mass of Christian Burial for Thomas E. Lacey of Quincy, 85, was celebrated Monday at Saint Ann's Church, Dorchester.

Mr. Lacey passed away peacefully, surrounded by his loving family, on Aug. 3.

He was from Saint Peter's Parish in Dorchester and graduated from Cathedral High School and Newbury Junior College in Boston. He proudly served in the U.S. Navy and was a long-time member of the Quincy Elks.

Mr. Lacey was a dedicated lineman and crew leader where he worked for the Boston Edison Company for over 34 years, a job he loved and



THOMAS E. LACEY

mastered. He was most proud when he was asked to be the Public Safety liaison teaching electric safety in schools throughout the Commonwealth. His entire career was centered on always helping people out including customers, co-workers, students or anyone needing a hand.

In semi-retirement, Mr. Lacey enjoyed working as a limo driver for the MacKinnon Livery Service, having daily coffee and holding court at the Greenhill's Bakery in Dorchester with all his

friends, and was proudest when attending his grandchildren's activities across the South Shore and then sharing those memories at Greenhill's.

Beloved husband of 63 years to Anne (Costello) Lacey of Quincy. Cherished father of TJ Lacey and wife Michele of Weymouth, Julie O'Sullivan and her husband Jim of Norwell, John Michael Lacey and Joanne of Quincy. A proud and adoring "PAPA" to Julia, Bridget, Patrick, Sheamus, Sean and Brendan. Loving brother to Edward Lacey and Kevin Lacey of Braintree, MA.

Funeral arrangements were made by the Dolan Funeral Home, 460 Granite Ave., East Milton.

Burial was at Cedar Grove Cemetery.

Memorial donations may be made to Beat Childhood Cancer, P.O. Box 850804, Braintree, MA 02185.

Rita E. Hartman, 72

Rita E. (Johnson) Hartman of Quincy died suddenly and peacefully at home July 13th at age 72.

She was born, educated and lived all of her life in Quincy. Predeceased by her parents Frank E. Johnson and Catherine T. (Tully) Johnson. Beloved wife of the late George Hartman; dear loving mother of the late George Johnson, Sr of NJ and John Hartman of NJ. Loving Grandmother to Jennifer Gillis of Methuen, Wendy Uddin of NJ, Andrew Amado of Weymouth, Sabrina Hartman of FL, Kevin Hartman of NJ, Brielle St.

Claire of NJ, the late George Johnson Jr., and the late Melissa Johnson; Great-grandmother of Bryan, Sarah, Jeffrey, Peter, Sofia, Brayden and Allison; dear sister of Doris Brancaccio of FL, Catherine Dewing of FL and Marie Pace of Weymouth. She will be dearly missed by all of her many family and friends.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

Memorial donations may be made to the American Foundation for Suicide Prevention afsp.org/give-a-gift.



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E. Ruth Warner

A funeral service for E. Ruth Warner of Quincy was held Aug. 6 in Dolan Funeral Home, East Milton Square.

Ms. Warner died Aug. 2.

Beloved mother of Dale R. Bennett and his wife Natalie of CA, Douglas R. Bennett and his wife Diane of FL and Renee R. Czajkowski and her husband Janusz of Quincy.

She was the daughter of the late Myles and Carrie Perry, and sister of Everett H. Perry and his wife, Carol, of NC and the late Irene A. Barefoot and Donald H. Perry.

Her greatest joys were her 7 grandchildren and 5 great-grandchildren. Ms. Warner worked hard in various positions throughout her life to provide for her children. She



E. RUTH WARNER

had a strong faith that led her through many experiences.

Interment at Union Cemetery, Holbrook.

Memorial donations may be made to the Navy Seal Foundation, 1619 D Street, Virginia Beach, VA 23459, navysealfoundation.org.



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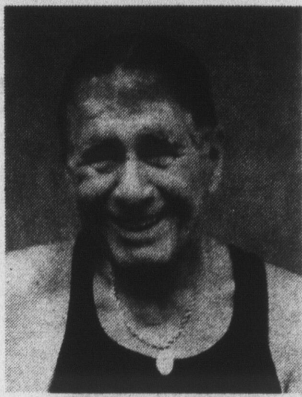
Frank F. Derbes, 79

Frank F. Derbes, age 79, a lifelong Quincy resident, died unexpectedly on July 31 at home, after a long illness.

He was born in Quincy, to the late Toufic "Tof-fee" and Nowfe "Nellie" (Hassan) Derbes. Always with a strong work ethic, Mr. Derbes spoke often of "working" at his family's store, The Washington St. Market, at the age of 5. Mr. Derbes grew up in Quincy Point and, despite moving to South Quincy as a teenager, always considered himself a proud "pointer." He graduated from Quincy Trade school, Class of 1960. After graduation, he joined the family business, where he was a co-owner with his brothers of Derbes Brothers Construction. Starting from humble beginnings, the company would become one of the largest general contracting companies on the South Shore.

Mr. Derbes served in the United States Army from 1962-1968 with the 187th Infantry Brigade, which was the support brigade to the 82nd Airborne Division. He always said how much he loved "jumping out of planes." During that time, he achieved the rank of 1st sergeant. His pride came from infantry, where he learned combat training and parachuting assault operations. Mr. Derbes loved being a soldier. He achieved sharp shooter level, had ranger training, and was a well-respected drill sergeant, all before the age of 23. He loved being a soldier more than anything. Mr. Derbes proudly served stateside during the Vietnam war, after a collapsed lung kept him home as his unit was activated in 1968. He was very proud of his military service and of the lifelong friendships he had made during that time. He spoke sadly, and often, of the many friends that never made it home.

In 1963, Mr. Derbes saw "the most beautiful girl he'd ever seen" and told his best friend that he was going to marry that girl with the big brown eyes. Two years later, he married that beautiful girl, Arleen. They raised



FRANK F. DERBES

their children in a loving and compassionate home full of great values, much laughter, and a great work ethic. They led by example, and were always seen slow dancing to their favorite song, "You Belong to Me," every Sunday morning, while making a big breakfast. Mr. Derbes had an extensive record collection, and music was always playing in the household, especially while shooting a good game of pool. It was mandatory for every member of his family to know how to shoot pool. Mr. Derbes was also an avid football fan, and never missed a game from the Dallas Cowboys in the '70s to the Patriots winning their Super Bowls. He would prepare his famous "Baba subs" for the family, which are Lebanese meat pies, to which NOBODY can replicate, according to his grandchildren.

After his retirement, Mr. Derbes was able to focus on his passions. His family, his yard, his garden, his grill, and his beloved pool. There was, literally, nothing he couldn't fix, didn't have a part for (discontinued or not) or somehow make an improvement on. He was lovingly referred to as "Zoom," because he always had to show you "what he fixed" or "invented."

Mr. Derbes' greatest passion though, was the love for his children, but especially, his grandchildren. They were the absolute center of his universe, and not a day went by without him calling to say he loved them, make sure they were safe or to tell them "to get the hell home, there's a storm coming." His legacy is the path he laid out for all of his family; unconditional love, strength, guidance, listening, under-

standing, patience, compassion, and most importantly, integrity. Mr. Derbes made such an impact on all the lives he touched, not just his children, but his children's friends and their children as well. He was lovingly considered a second Dad to them and an "honorary Baba" to their children.

Mr. Derbes is survived by his best friend and love of his life, Arleen (MacLean). He was the devoted and beloved father of Cheryl J. Derbes-Freeman and her husband Alton, Frank T. Derbes and his wife Joyce, and Tanya M. Lyons and her husband Michael.

He was the doting and loving Baba to Frankie, Gianna, Aaron, Anthony, and Athena.

He is also survived by his sister Margaret "Peggy" Pignone and her husband Edward, his brother Toffee and his wife Linda, his sister-in-law Connie Derbes, and brother Kimal and his wife Mary. He is also survived by many adoring nieces, nephews, cousins, and friends.

Mr. Derbes was predeceased by his brothers Richard "Hus" and Robert H., Sr., sister-in-law Marilyn, sister Carol Ohrenberger, and his baby sister, Jazell N. Derbes.

Interment, with military honors, took place privately at Mount Wollaston Cemetery.

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy.

In loving memory of
Sue Anne Sullivan
Two Year Anniversary - August 13th
Sadly missed and always loved,
Cookie, Kathy, Dan, Debbie, Lisa,
Matthew & family



Liana S. Dararaksme, 17

A funeral Mass for Liana S. Dararaksme, or as friends knew her "Lee Smits" (age 17) of Quincy, was celebrated Monday at St. Agatha Church, Milton.

She passed away unexpectedly Aug. 2nd.

Lee spent her childhood in Amherst, MA before moving to Quincy as a fifth grader. The contrast in these environments helped to shape her reverence of nature and animals, and her desire to explore the world and its possibilities.

Lee, a student and talented writer at North Quincy High School, was looking forward to the independence that comes with college; she was interested in pursuing a career in psychology and using the tools she gained to help oth-



LIANA S. DARARAKSMEY

ers. From her hair color to her beliefs, Lee was in constant pursuit of self-exploration. She had a fiercely loyal heart and introspective soul. Those who knew her, knew of how constant and deeply she loved her family and her cats.

Beloved daughter of Beverly A. Smits (and her partner Mark Gobeille) of Quincy and David Dararaksme (and his partner Jennifer Arizala)

of Brooklyn, NY. Granddaughter of William and Sai-Yueh Smits of Quincy, Raksme Cheng of Haverhill, and Dara Lay of Cambodia. Great-granddaughter of Feng Hua Chang of Quincy. Niece of Richard Dararaksme of Brooklyn, NY. Cousin of the Zeibig, Chang, and Holub families. Lee will be missed by everyone who had the privilege of knowing her.

Funeral arrangements were made by the Alfred D. Thomas Funeral Home, 326 Granite Ave., Milton.

Burial was private.

Memorial donations may be made to the Dakin Animal Shelter at www.dakin-humane.org/tribute-donation.html or to the National Alliance on Mental Illness at <http://www.nami.org/donate>.

Rosemarie Ann Bradley, 78

A Mass of Christian Burial for Rosemarie Ann Bradley, 78, of Quincy, was celebrated Aug. 7 at Sacred Heart Church, North Quincy. Mrs. Bradley died peacefully Aug. 1, surrounded by the love, comfort and care of her family.

Born and raised in Dorchester, she was the only daughter of the late Natale P. and Sarafina M. (Del Selva) Muscato, where she was a communicant of St. Mark's Parish, and graduated St. Gregory High School.

Mrs. Bradley relished her time as a homemaker while her daughters were in school, working hard to instill a solid foundation of Christian values for her young family and ensuring her loving husband, Henry, was supported as he was forging his career in public service. It wasn't until the children were older that she took a job as a sales clerk with Kartens Jewelers. After 10 years, Mrs. Bradley accepted a position as a purchasing clerk for the City of Quincy, working for many



ROSEMARIE ANN
BRADLEY

years before finally retiring in 2005 to travel, plan trips to Las Vegas, Disneyland and Disney World, Hawaii, Foxwoods, Plainridge and Mohegan Sun.

An active member of Sacred Heart Church of the Divine Mercy Parish in Quincy, Mrs. Bradley was a tireless volunteer and fundraiser for many church causes along with her husband, Henry. She was a talented craftsman and designed many ribbons, bows and bridal veils to give away to friends and family over the years. She served as Past President of Milton Ladies Auxillary Unit 114, and was a member of the Cyril P. Morrisette Post of the American Legion Ladies Auxillary,

Unit 294.

She was the loving and devoted Bride of Henry P. "Hank" Bradley, with whom she was preparing to celebrate the 60th anniversary of their nuptials this month. Cherished mother of Helena R. Hood and her husband Peter J. of Hull and Annette M. Bradley of Quincy. Devoted grandmother of John "Jack" Hood. Dear sister of the late Frank P. Muscato, and sister in law of Maureen Muscato of Carver, Joan Abban of Quincy, Helen "Micki" LeMoine of Florida as well as many nieces, nephews, extended family and dear friends.

Interment was in Blue Hill Cemetery, Braintree.

Funeral arrangements were made by the Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to: Norwell VNA and Hospice, 120 Longwater Dr., Norwell, MA 02061 or to Sacred Heart Church, 386 Hancock St., North Quincy, MA 02171.

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OBITUARIES

Diane M. LaForest, 76

A funeral Mass for Diane Marie LaForest, 76, a lifelong resident of Quincy, will be celebrated Friday at 10 a.m. in St. Mary's Parish, Quincy.

Mrs. LaForest died peacefully in her home on Aug. 8.

She was the proud daughter of the late Thomas and Margaret Carney. She is survived by her three children, Bill LaForest and wife Elizabeth of Duxbury;



DIANE M. LAFOREST

Chris LaForest and wife Jo

of Marshfield; and Jill LaForest of Sarasota, Florida. She was the loving sister of the late Robert Carney of Quincy and is survived by her sister Elaine Santry of West Roxbury and sister-in-law Phyllis Carney of Quincy. She is also survived by her six grandchildren Jesse, Cassidy, Jack, Kyle, Zahra and Nazia.

Mrs. LaForest was a strong, independent woman. Her greatest joy was spending time with her family.

Mrs. LaForest was a dedicated employee with the Quincy Police Department for 36 years, right up until her retirement in June 2021.

Visiting hours are 4 to 7 p.m. Thursday in Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

Memorial donations may be made to Cops For Kids With Cancer at copsforkidswithcancer.org.

Prudence Pascarelli, known as Anna to most, died Aug. 6. She was born Oct. 5, 1933 in Boston to Salvatore Pascarelli, born in Italy, and Angelina Pizzi born in Worcester.

The second of ten children and the eldest girl in a boisterous Italian family, she was preceded in death by her brothers; Alfonso (Ralph), Mauro (Mo), Joseph, and Anthony (Tony) and sisters Catherine Eggersheim, Amelia (Emily) McDonald and Clara Young.

She leaves behind her brother Pasquale (Patrick) of Hanover, sister Lucy Reid of Abington, more than 25 nieces and nephews, and equally as many great nieces and nephews. Also fondly remembered by her MANY cousins, which were her playmates and best friends her whole life; the Pascarelli ones and the Pizzis, Braccios, Biancos, Falcos, etc. — everyone was a cousin on some level.

Growing up in Roxbury, where she graduated from the Dearborn School, Ms. Pascarelli helped raise her younger siblings and would frequently tell stories of taking trips to the playground on the corner for the summer program and her father meeting them on his way home from work in the Quincy Shipyard.

She worked at the Green Shoe in Boston alongside her mother where she was a member of the Stride Rite quarter century club for having worked there more than 25 consecutive years, and then spent many years work-

Prudence Pascarelli



PRUDENCE PASCARELLI

ing at Bradlees in Quincy with her sister Emily.

After high school, her family moved to East Elm Ave in Quincy. This home was family headquarters where family always came back to, everyone came for pasta dinner and her mom's sauce on Sundays, and many parties were had in the basement. Most recently residing in Abington, she spent her days kvetching about the news and "people these days," as well as driving around and popping in unannounced to visit various family/friends for coffee and everyone else's goings on (probably her favorite pastime!!).

She was a wealth of information and memories which was beneficial in helping with family history that was added to the family tree, she loved telling these stories to everyone. Anna also enjoyed visiting the cemeteries on the birth/death dates of her loved ones; making sure there were flowers and palm crosses. Her favorite cemetery, where she of course personally "knew" almost of all of these Italian families (even though,

as pointed out to her, some of them died over 100 years ago, doesn't matter, she knew the family) was Saint Michael's in Roxbury where she will be interred with her parents and baby sister Clara. All 4 of her grandparents, and several other family members are buried there as well.

One can only hope it will be a joyous reunion in Heaven with her parents and siblings; filled with love, understanding and forgiveness.

We will remember Anna warm-heartedly and with a chuckle for her countless opinions about everything and her love of "the old country" (even though she'd never actually been to Italy). Anna always had a lot to say about family related things, but she never allowed anyone to talk badly about her parents and siblings, only she was allowed to do that and she would defend their honor no matter what. She had her own strong willed way of expressing it, but family was everything to her and she will be missed.

Visiting hours are 10 a.m. to noon on Saturday at Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy, which will include an online Zoom feature for those who cannot attend in person at 11:45 a.m., followed by interment at St. Michael's Cemetery, Boston.

Memorial donations may be made to Hospice of the South Shore, 30 Reservoir Dr., Rockland, MA 02370.

NOTICE OF PUBLIC HEARING

Case ZBA 21-61

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, August 24, 2021 @ 5:30 P.M. to consider the application of **Jacob Drohan** for a Variance to construct a second story addition in violation of Title 17 as amended, Chapter 4.1.1 (dimensional requirements/FAR) on the premises numbered **74 RAYCROFT STREET, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: August 24, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/96379299963?pwd=OG1JSW0veWFqUjIOb2pxY0oxMGpsUT09>

Meeting ID: 963 7929 9963

Passcode: Quincy

Dial by your location

1 646 558 8656 US (New York)

Meeting ID: 963 7929 9963

Passcode: 629393

Find your local number: <https://zoom.us/j/96379299963?pwd=OG1JSW0veWFqUjIOb2pxY0oxMGpsUT09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

8/5/21, 8/12/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-63

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, August 24, 2021 @ 5:30 P.M. to consider the application of **Frederick Looper, SunPower Corporation** for a Special Permit Flood Plain/Special Permit to install a solar photovoltaic carport system within the parking lot comprised of approximately 7,460 panel modules mounted atop four (4) individual parking canopies in violation of Title 17 as amended, Chapter 3.2.4 (special permit) and Chapter 8.1.9 (special permit flood plain) on the premises numbered **1776 HERITAGE DRIVE, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: August 24, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/96379299963?pwd=OG1JSW0veWFqUjIOb2pxY0oxMGpsUT09>

Meeting ID: 963 7929 9963

Passcode: Quincy

Dial by your location

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Meeting ID: 963 7929 9963

Passcode: 629393

Find your local number: <https://zoom.us/j/96379299963?pwd=OG1JSW0veWFqUjIOb2pxY0oxMGpsUT09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

8/5/21, 8/12/21

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NEWSPAPER

NOTICE OF PUBLIC HEARING

Case ZBA 21-53

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, August 24, 2021 @ 5:30 P.M. to consider the application of **Hardy & Man Design Group** for a Variance/Finding to construct a 2.5 story building on the existing non-conforming lot which received Variances in ZBA case Z19-40 for a 1.5 story building in violation of Title 17 as amended, Chapter 4.1.1 (lot size, finding/variances for existing non-conforming lot) on the premises numbered **186 ESSEX STREET, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: August 24, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/96379299963?pwd=OG1JSW0veWFqUjIOb2pxY0oxMGpsUT09>

Meeting ID: 963 7929 9963

Passcode: Quincy

Dial by your location

1 646 558 8656 US (New York)

Meeting ID: 963 7929 9963

Passcode: 629393

Find your local number: <https://zoom.us/j/96379299963?pwd=OG1JSW0veWFqUjIOb2pxY0oxMGpsUT09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

8/5/21, 8/12/21

NOTICE OF PUBLIC HEARING

Case ZBA 21-60

NOTICE OF PUBLIC HEARING

The ZBA will hold a public hearing on Tuesday, August 24, 2021 @ 5:30 P.M. to consider the application of **Jacob Drohan** for a Finding to add a second floor to the existing structure and a small two (2) story addition on the back of the house in violation of Title 17 as amended, Chapter 3.4.3 (nonconforming structures) on the premises numbered **89 BILLINGS STREET, QUINCY.**

The meeting will be conducted using Remote Meeting Access using Zoom Video Communication. Zoom is a third-party communication technology that is readily accessible to the public, but not administered by the City of Quincy. The Zoom Video Link is below. For those without access to Zoom, directions for access via telephone are also below.

Topic: Zoning Board of Appeals

Time: August 24, 2021 05:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/96379299963?pwd=OG1JSW0veWFqUjIOb2pxY0oxMGpsUT09>

Meeting ID: 963 7929 9963

Passcode: Quincy

Dial by your location

1 646 558 8656 US (New York)

Meeting ID: 963 7929 9963

Passcode: 629393

Find your local number: <https://zoom.us/j/96379299963?pwd=OG1JSW0veWFqUjIOb2pxY0oxMGpsUT09>

Plans and specifications can be reviewed online by logging on to the City's ViewPermit System <https://quincyma.viewpointcloud.com/> and entering the property address. Call 617-376-1933 for further assistance.

Martin Aikens, Chairman

8/5/21, 8/12/21

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2021

Two Quincy Residents Named To Liberty Bay Credit Union Board Of Directors

The board of directors at Liberty Bay Credit Union has elected Peter S. Lincoln of Scituate as its new board chairman.

Lincoln, who joined Liberty Bay's board as a director in 2017, was elected by his fellow board members to serve a three-year term.

"I have thoroughly enjoyed serving as a director

and working with the dedicated staff and board of directors. I look forward to my term as Chairman of the Board," said Lincoln.

Lincoln brings over 39 years of experience in administration in the public school system. He's also a director of the Scituate Library Foundation and the Scituate Sister City Com-

mittee. Additionally, Lincoln served as the Assistant Scituate Harbormaster for 20 years.

Additional officers elected by the Liberty Bay Credit Union board of directors are:

• P.J. Foley of Quincy, as

vice chairman; Stephen Kelley of Plymouth as second vice chairman.; Robert B. Foley Jr. of Quincy, as treasurer and chairman of Audit Committee; and Sean Cashman of Hanover, as clerk

"I look forward to working with the directors in

their new roles on the board of directors," said Lyn Mateson, President and CEO of Liberty Bay Credit Union. "It is an exciting time at Liberty Bay and having strong, consistent leadership from the board will allow us to continue to grow and evolve

to best serve our members."

LEGAL NOTICE

CITATION

Docket No. NO16P1673PM
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
Case Name:

Nicholas P. DiLoreto

To all interested persons:
A Petition has been filed by: Paul N. DiLoreto, Conservator requesting: that the 4th account of the Conservator be approved for reasons more further stated in said petition.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on September 1, 2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: July 30, 2021

COLLEEN M. BRIERLEY
Register of Probate

8/12/21

LEGAL NOTICE

CITATION

Docket No. NO16P1673PM
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
Case Name:

Nicholas P. DiLoreto

To all interested persons:
A Petition has been filed by: Paul N. DiLoreto, Conservator requesting: that the 3rd account of the Conservator be approved for reasons more further stated in said petition.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on September 1, 2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: July 30, 2021

COLLEEN M. BRIERLEY
Register of Probate

8/12/21

OBITUARY

Patricia A. Daly

A funeral Mass for Patricia Ann (Gibbons) Daly of Hingham, formerly of Quincy, will be celebrated Thursday at 10:30 a.m. in St. Agatha Church, Milton.

Mrs. Daly died Aug. 7.

She was born and raised in Quincy and graduated from Rosary Academy in Watertown. She worked for many years as the office manager for Drs. Cotter & Doyle in Quincy before retiring at the age of 80.

Mrs. Daly was previously a parishioner at St. Agatha Church in Milton and member of the St. Agatha Guild. In her free time, she loved to watch Fox News, knit, read, go out to dinner, and cheer on Tom Brady.

Visiting hours are 8:30 to 10 a.m. Thursday at the Alfred D. Thomas Funeral



PATRICIA ANN DALY

Home, Milton.

Interment at Blue Hill Cemetery, Braintree.

Memorial donations may be made to the Tunnels to Towers Foundation at 2361 Hylan Blvd., Staten Island, NY 10306 or info@tunnels2towers.org.

LEGAL NOTICE

CITATION

Docket No. NO14P1911PM
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Case Name:
Doris O'Brien

To all interested persons:
A Petition has been filed by: Paula A. and David J. Zwicker of Bridgewater in the County of Plymouth requesting: that the 6th and final account and petition for Order of Complete Settlement be approved for reasons more fully stated in said petition.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on September 1, 2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: July 29, 2021

COLLEEN M. BRIERLEY
Register of Probate

8/12/21

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO21P1946EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Linda Campitelli
Date of Death:
10/03/2012

To all interested persons:
A Petition for Late and Limited Formal Testacy and/or Appointment has been filed by Dean Campitelli of Weymouth, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Dean Campitelli of Weymouth, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 09/01/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: July 29, 2021

COLLEEN M. BRIERLEY
Register of Probate

8/12/21

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO20P3107EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Paul T. Nolan
Date of Death:
08/28/2020

To all interested persons:
A Petition for S/A - Formal Probate of Will with Appointment of Personal Representative has been filed by Sean P. Nolan of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Sean P. Nolan of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 09/01/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: July 28, 2021

COLLEEN M. BRIERLEY
Register of Probate

8/12/21

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO21P1967EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Joan S. McManus
Also known as:
Mrs. Henry P. McManus,
Joan S. Geis
Date of Death:
05/30/2021

To all interested persons:
Susan C. Geis of Belmont, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Susan C. Geis of Belmont, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 09/08/2021. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: August 4, 2021

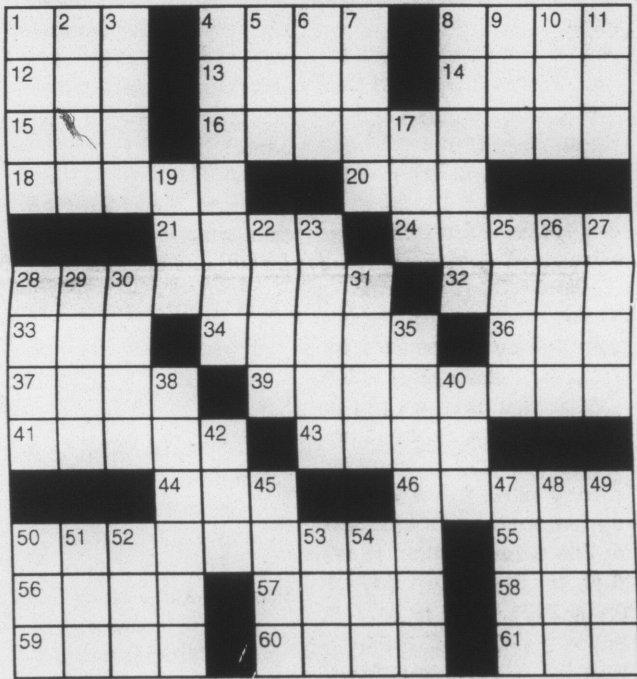
COLLEEN M. BRIERLEY
Register of Probate

8/12/21

SUN FUN PAGES

King Crossword

- ACROSS**
- Scepter
 - Israeli airline
 - Staffer
 - Brit. record label
 - The Big Easy acronym
 - Not worth debating
 - Picnic crasher
 - Bird with yellow plumage
 - Popular take-out entree
 - Use a shovel
 - Golden Fleece ship
 - Atkinson of "Mr. Bean"
 - Wood pigeon
 - Long tale
 - Mil. morale booster
 - Gladden
 - Decay
 - Lost traction
 - Pink wading bird
- DOWN**
- King of Judea
 - Faux pas
 - Belly
 - Tribal emblem
 - Coastal diving bird
 - Chopper
 - mater
 - Bassoon's kin
 - Director Burton
 - Longings
 - See to
 - Packed away
 - Harvest
 - Hotel chain
 - Bubblehead
 - Fencer's cry
 - Brit's restroom
 - 100 percent
 - "Shane" star
 - Juan's pals
 - Charged bit
 - Medico
 - Ordinal suffix
 - Fragrant tree
 - Abrupt turn
 - Michelle Wie's
 - game
 - Cameo shapes
 - Tip off
 - Awestruck
 - Peacekeeping org.
 - Hurry
 - Capri, for one
 - Pinot — (Lat.)
 - Sent forth
 - Doctrines
 - Wall St. debut
 - Pair
 - Jog
 - "Toodle-oo!"
 - Way out
 - Viral web phenomenon
 - Low isle
 - Flamenco cheer
 - LBJ's successor
 - Copper head?
 - "Smoking or —?"



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MAGIC MAZE • — SHOP

Q D A X U P R P M J G D A X V
B S Q C U R I O S I T Y N K I
A F D A X I V T Q W O M J H F
R C A E Y N W U R O E P N L J
B H F D N T B R Y D L Z X V T
E R Y O Q I O E R N K N M K K
R E I T I N H H T I C W L H F
D N F B U G Z C S W A A Y W V
U T R F Q A O T A N T P L K I
H F D C O A E U P M Z X E W V
U S R O C C A B O T S S E R D

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: CUTS HAIR AS A TRADE

Beauty	Dress	Printing	Tobacco
Butcher	Machine	Repair	Union
Coffee	Pastry	Tackle	Window
Curiosity	Pawn	Talk	

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Suspenders are different. 2. Shoe lace is missing. 3. Sign is lower. 4. Drop of water is missing. 5. Hand is showing. 6. Leaves are added.

Trivia test

by Fifi Rodriguez

- LITERATURE: Which book series featured a character named Samwise Gamgee?
- TELEVISION: What was the name of Fred's boss on the animated TV show "The Flintstones"?
- GENERAL KNOWLEDGE: How many cards are in a modern tarot deck?
- GEOGRAPHY: What is Canada's largest island?
- MOVIES: Which 1990s movie features a character nicknamed "The Dude"?
- FOOD & DRINK: In which country did tequila originate?
- ADVERTISING: Which website is advertised in commercials that feature the character Captain Obvious?
- SCIENCE: What kind of tree produces acorns?
- HISTORY: When did the United States' first commercial radio station go on the air?
- U.S. STATES: What is the state capital of Missouri?

Answers

- "The Lord of the Rings"
- George Slate
- 78
- Baffin Island
- "The Big Lebowski"
- Mexico
- Hotels.com
- Oak trees
- 1920, when KDKA went on the air in Pittsburgh.
- Jefferson City

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Wishing Well®

5	8	6	3	2	8	4	6	7	3	6	5	8
E	H	Y	Y	S	O	A	O	A	O	U	V	M
4	6	3	4	5	6	8	5	6	7	8	7	8
C	A	U	T	O	R	E	L	E	F	L	A	I
7	6	4	2	8	2	6	8	2	6	5	8	7
S	P	I	P	F	E	R	E	N	O	V	C	T
6	8	3	2	8	2	4	6	7	4	2	4	6
S	H	A	D	A	W	V	P	S	I	I	T	E
3	4	8	3	4	6	2	5	8	2	8	7	6
R	Y	N	E	H	R	S	I	G	E	E	T	O
3	2	5	6	2	5	7	6	7	8	4	7	4
A	L	N	U	Y	G	A	S	R	S	I	T	G
5	3	4	5	3	5	3	5	3	5	3	5	5
S	D	H	U	O	C	R	C	E	E	D	S	S

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) A troubling situation takes a positive turn and moves toward a resolution that should please you and your supporters. Meanwhile, make time to deal with new domestic issues.

TAURUS (April 20 to May 20) It's a good time to reassess your goals and consider shifting directions. Remember to keep an open mind and be prepared to make changes as new opportunities arise.

GEMINI (May 21 to June 20) Rely on your strong Mercury aspect to help you close that communication gap before it becomes too wide to cross. A sibling or other family member has news.

CANCER (June 21 to July 22) You're about to get off that emotional roller coaster and start experiencing more stability than you've been used to. This is a good time to let someone new into your life.

LEO (July 23 to August 22) Good news: A trusted friend comes through for you. But you still need to shed that last scrap of self-doubt and once more become the cool, confident Cat we all know and love.

VIRGO (August 23 to September 22) Things should be getting back to a less hectic pace. Enjoy the more peaceful atmosphere. You earned it. But don't forget about those still-unresolved issues.

LIBRA (September 23 to October 22) A more positive family relationship develops

as misunderstandings are explained away. A job situation appears promising, but check it out before you act on it.

SCORPIO (October 23 to November 21) Congratulations. That on-the-job situation is working out as you'd hoped. Now's a good time to relax and to enjoy the company of family and close friends.

SAGITTARIUS (November 22 to December 21) You might feel as if you're caught in an emotional tug-of-war. But don't be rushed into a decision on either side. Wait for more facts before you act.

CAPRICORN (December 22 to January 19) The Goat's usually high level of self-confidence is brimming over these days. This should help you deal with a situation that you've avoided for far too long. Go for it.

AQUARIUS (January 20 to February 18) Relationships become more intense. But be careful not to be pushed into decisions you're not comfortable with. Remember: You're the one in charge of your life.

PISCES (February 19 to March 20) You need to show more confidence in your ability to reach your goals. Make that long-delayed decision, and avoid floundering around in a sea of self-doubt.

BORN THIS WEEK: Although you appear to be strongly opinionated, you can also be open to other ideas — so long as they are presented with logic and clarity.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: N equals W

NECLE OXHFCJBJU RNHXKRFBJ
REHVWK KNBWW CJ HFZJ'R
LZOCUZW?
UEB UEXBB FVRLZU-BBXR!

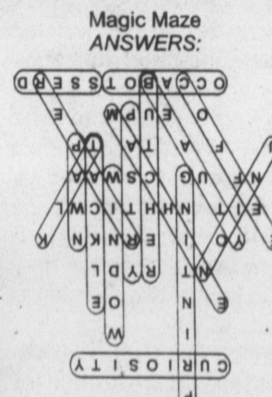
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King Crossword

Answers

Solution time: 24 mins.

E	L	V	T	E	N	D	S	N	E	S		
M	I	L	E	O	B	O						
X	E											
M	E											
O	G	N	I	M	A	L	F	L	S			
A	V	A	S	E	A	O	O	G	N	I		
N	A	M	O	R	O	G						
H	C	I	N	T	D	L	O	G				
O	O	W	A	T	O	N						
A	I	D	E									



CryptoQuip

answer

The Three Musketeers
capital?
should dwell in Oman's
Which prominent swordsmen

AUGUST 2021

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD — Are we ready for a 69-year-old David Hasselhoff to mount his movie comeback? His last screen appearance was a cameo in the “Baywatch” film, toplined by Dwayne Johnson and Zac Efron, which grossed \$180 million. He and Larry Cech will co-star in the French film “C’est Magique” (“It’s Magic”), based on a true story about two French magicians who accidentally qualify to compete in the world’s largest magic competition, in Las Vegas.

“The Hoff” fell on hard times in 2016 and had to ask a judge to reduce the \$252,000 a year in alimony he was paying his second wife, Pamela Bach. He decried to the court, “I make \$112,000 a month, spend \$66,000 and due to alimony, taxes and living expenses I only have \$4,000 left in my bank account. She’s failed to make any effort to become self-supporting, contribute to her own support or gain any job skills.” Hasselhoff and his former wife reached a compromise that reduced her alimony payments from \$10,000 to \$5,000 a month. Which proves Googling someone’s net worth is baloney. Google says his net worth is a whopping \$10 million. LOL.

“Superman” Henry Cavill is flexing his muscles through no less than four movies and the second season of the Netflix series “Witcher.” He’s committed to do Netflix’s “Enola Holmes” sequel, a film reboot of the long-delayed “The Highlander” (already several films and a TV series, and once considered as a vehicle for Ryan Reynolds), Matthew Vaughn’s spy

pic “Argyle” and the romantic film “The Rosie Project,” about an unlucky-in-love university professor looking for a wife who winds up with a woman who doesn’t match his requirements.

Ryan Reynolds didn’t wait for “Highlander” and has completed three films: “Free Guy,” with Jodie Comer (due Aug. 13), Netflix’s “Red Notice,” with Dwayne Johnson and Gal Gadot, and Netflix’s “The Adam Project,” with Jennifer Garner, Mark Ruffalo and Zoe Saldana, opening in theaters Nov. 12. Reynolds also stars in Apple TV’s film “Spirited,” with Will Ferrell and Octavia Spencer, which began filming July 6.

Chris Pine has been busy, too. He’ll play an ex-Marine in the film “Violence of Action,” with Ben Foster (for a Dec. 10 release); and also star in the psychological thriller “Don’t Worry Darling,” with Florence Pugh, Harry Styles and Olivia Wilde (who’s also directing); and the spy thriller “All the Old Knives,” with Thandiwe Newton, Jonathan Pryce and Laurence Fishburne.

Pine will return in 2023 as Captain James T. Kirk in the follow-up to “Star Trek Beyond” (2016). It’s being directed by “WandaVision’s” Matt Shakman. The latest addition to the “Star Trek” universe will be the first written by two females, Lindsey Beer and Geneva Robertson-Dworet. Is this not the perfect place for billionaires Richard Branson and Jeff Bezos to do cameos, or is space travel easier than acting?

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★
★ Moderate ★★ Difficult
★★★ GO FIGURE!

	-		x		14
x		x		÷	
	x		-		19
-		+		+	
	+		+		23
14		24		15	

1 3 4 5 5 6 7 8 9

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Rare Glass Tumbler — History repeats itself, and collectors who research their collections are often surprised by the findings. In 1892, a group of businessmen in Greentown, Indiana, invested in a company that was brought in by the newly found fuel — natural gas — that had been discovered there. Two years later, the Indiana Tumbler and Goblet Company had attracted workers and changed the economy of the small town. The company joined the National Glass Company in 1899, and they made many types of colored glass that are popular but scarce today.

The company was making pressed glass in colors when Jacob Rosenthal arrived in 1900. He was an experienced glass maker. The first new product was chocolate glass, an opaque brown and white glass that was a huge success. Next was an opaque medium green color called Nile green, then golden agate, rose agate, holly amber, milk glass and Vaseline glass. Unfortunately, in 1903 there was a fire. The entire factory was destroyed and never rebuilt. But pieces like this Nile green tumbler attract collectors. This 4-inch-high tumbler sold at a Jeffrey Evans auction for \$888.

Q: How do I sell three programs from the 1969 Woodstock festival that are in excellent condition, and what is the range of their value?

A: The program is one of the few official souvenirs of the three-day music festival, which took place in a hayfield 40 miles from Woodstock, New York. No official Woodstock merchandise was sold at the event. The programs didn’t arrive until the last day, when

there were no vendors to sell them, so they were thrown from the delivery truck, some in the boxes they came in. Not many survived in good condition because of the rain and the mud, or they were discarded and trampled on by the crowd. The program has been reproduced. The letter “f” in the title “3 days of peace & music” on the cover of the original program is slightly fuzzy because it’s in the bud of the sunflower. It’s clearer in the reproduction. The first and last pages of the original program are onionskin parchment. The reproduction pages are not as thin. Original Woodstock programs sell at auctions of rock ‘n’ roll memorabilia. Value of the right single program in good condition is about \$200.

CURRENT PRICES

Bohemian glass bowl, amethyst iridescent, veining pattern, red interior, scalloped rim, polished pontil base; Pallme-Koenig, 2 by 6 inches, \$50.

Mt. Washington salt & pepper shakers, yellow, multicolor flowers, fig shape, 2 3/4 inches, pair, \$105.

Advertising sign, “Eat Honey, Feel Better, Live Longer,” image of a bee, tin, yellow letters, black ground, 1930s, 4 by 11 inches, \$215.

Wristwatch, Raymond Weil, Parsifal, stainless steel, bicolor gold, Roman numerals, date window, 34 mm dial, \$340.

TIP: Never allow water to evaporate in a glass vase. It will leave a white residue that may be impossible to remove.

For more collecting news, tips and resources, visit www.Kovels.com.

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STICKELERS by Terry Stickels

A plural 18-letter word is scrambled below. See how long it takes to find it.

R	T	O	E
A	C	O	I
V	A	N	I
S	S	N	S

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Strange BUT TRUE

• In a practice called sexual death feigning, female dragonflies play dead to avoid sex. Why? A scientist at the University of Zurich observed that, when faced with aggressive males, female moorland hawker dragonflies will freeze in mid-air, fall to the ground and lie motionless in an attempt to avoid injury and sometimes even death that can result from being coerced into mating. Four other species, including the spider and praying mantis, are known to do this as well.

• When Victor Hugo was facing a tight publication schedule for “The Hunchback of Notre Dame,” he asked his valet to confiscate his clothes so he wouldn’t be able to leave the house.

• For several decades, Vincennes University in Indiana offered a degree in Bowling Management that allowed students to gain entry-level jobs in the bowling industry by offering classes on sales, pinsetter mechanics and pro shop operations.

• President John F. Kennedy was buried without his brain. The original reason given was that it had been “lost” during his autopsy, but in 2018, newly released U.S. government documents revealed that his brother, Robert Kennedy, ordered the brain secretly destroyed to ensure that it would never be displayed in a museum.

• Eating Kentucky Fried Chicken on Dec. 25 is such a popular tradition in Japan that the chain asks customers to place their orders at least two months in advance. The custom started in 1974 when it was introduced to Japan for visitors who were looking for a dinner that resembled a traditional holiday meal.

• Aside from being the first commercially successful 3D game, Battlezone also was used by the U.S. Army to train tank gunners.

Thought for the Day: “Take a walk outside — it will serve you far more than pacing around in your mind.” — Rasheed Ogunlaru

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Now here’s a tip!

by Jo Ann Derson

• Stuck zippers can be loosened with graphite powder, or simply by tracing a pencil lead over the zipper.

• “The best way to get a bloodstain out of clothing is by dousing the stain with hydrogen peroxide and washing as usual. For clay stains, you absolutely must have a Fels-Naptha bar. It looks like a bar of soap, and you wet the material and rub in the soap. It’s magical. This, coming from a softball mom whose daughter loves to slide.” — A.A. in Florida

• Clear bins make it easy to group like items in your pantry. You can remove the bin, get what you need and replace it, rather than digging through cans and boxes on a shelf and having to straighten it back up when you’re done.

• A better use for soda: Use

it to scrub your pots and pans. If you have grime and slime, try letting the acids in soda pop work it out for you. Pour enough soda to cover the bottom of the pots or pans and let soak for 5-10 minutes. Then scrub away.

• “If you have a retractable cord on your vacuum, try this trick. Clip a clothespin at the optimum length, and the cord will not retract past that point. So, no more snapping right out of the outlet, which used to happen to me.” — P.L. in Tennessee

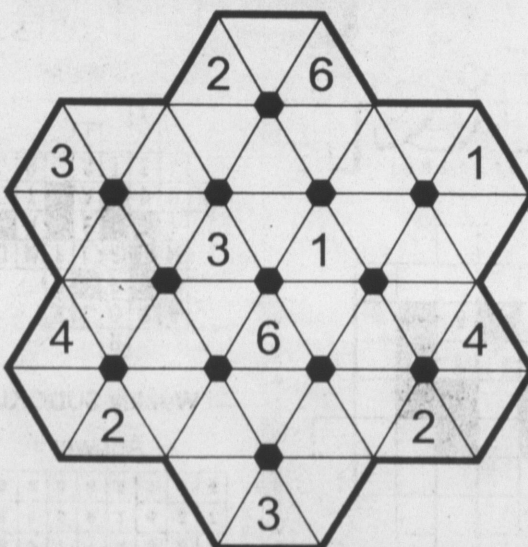
• Use rubbing alcohol to clean window frames. It evaporates quickly with no residue left behind.

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.

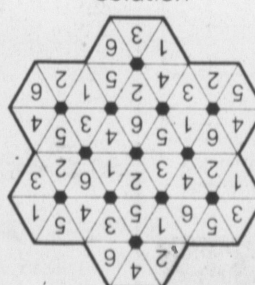


DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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SNOWFLAKES solution



Go Figure!

answers

15	24	14
23	8	6
+	9	+
+	+	-
19	1	4
-	5	x
-	x	x
14	7	5

Stickelers Answer

The word is CONVERSATIONALISTS.

Super Crossword

E-Z DOES IT

ACROSS

- 1 Not dozing
6 Rock band boosters
10 Make of the XK-E, in brief
13 Leading nun
19 Adage
20 Irrational suspicion
22 Dark-haired man
23 Cracker consumed to become a fraternity member?
25 Against: Prefix
26 Dry stretch
27 Sessions with mediums
29 Vidalia, e.g.
30 Cochlea site
33 Comment when pointing out your aunt's child?
35 Ducky insurance company?
40 Bloody — (cocktails)
44 Wee child
45 Spanish pronoun
46 German poet who founded a ketchup company?
50 — Minor (Little Bear)

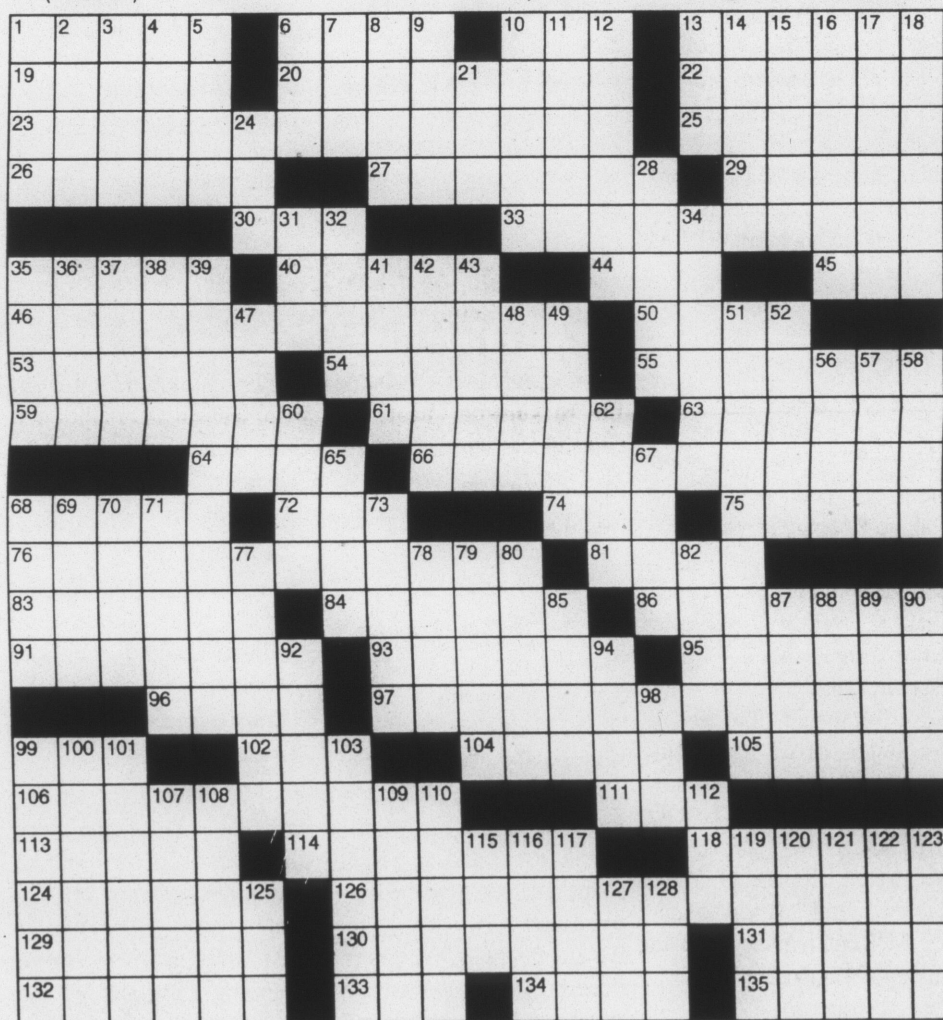
- 53 Keyless, in music
54 Marilyn of old movies
55 Was a snitch
59 Kindly
61 Shoplifts or embezzles
63 Three-horse wagon
64 Lead-in to byte
66 Cap required to be worn to gain entry?
68 Author Nin
72 Be liable to
74 Big antelope
75 Teal relatives
76 Impudent actress who played Cleo?
81 — bad example
83 Furtive observation
84 Having some replacement parts?
86 Hybrid citrus
91 Perilous stuff to skate on
93 Lethargy
95 Nomadic sort
96 Iraqi, say
97 Walk just beyond a northern Austrian city's border?
99 Pick, with "for"

- 102 Stir-fry tidbit
104 Dumbbells
105 Many-time golf champ
106 Small squirt of a zero-calorie drink?
111 With 37-Down, fin-footed mammal
113 "Tiny Dancer" singer John
114 Road show groups
118 Uncrowded
124 Sadness
126 Classic figure-skating painting?
129 Sculpted torso, maybe
130 White rat's condition
131 Chavez of clouds
132 "Plus" qualities
133 Vote "for"
134 The whole nine yards
135 Additional

- 6 Fitting
7 — tai
8 Whizzes
9 Of right mind
10 Wrist or hip
11 Letter after G, spelled out
12 Eye steadily
13 It airs "The Connors"
14 Witch's "vehicle"
15 Bugs is one
16 Lure
17 Watery, as a membrane
18 Unit of lyrics
21 Gp. backing guns
24 Had a bite
28 Heavily built
31 "Better Call Saul" ailer
32 Chicago mayor — Emanuel
34 Some low clouds
35 Melville captain
36 Grand party
37 See
111-Across
38 Oscar winner Hathaway
39 Event for artisans selling wares
41 They follow pis
42 Gossip spreader

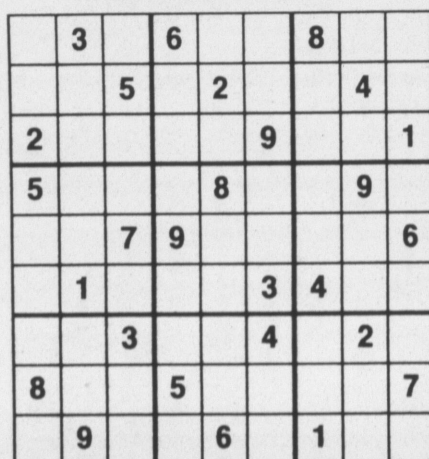
- 43 Fathered, as a foal
47 Nastase near a tennis net
48 Chomsky of linguistics
49 1983 Woody Allen role
51 Beef dish in a sour cream sauce
52 Make right
56 Spirit
57 Wings (out)
58 Astonish
60 Gator cousin
62 IRS form
65 Spin — (emulate Spider-Man)
67 Raw beef fat
68 Assist in evil
69 Have a bite
70 High peaks, in Italian
71 Menzel who voiced Elsa in "Frozen"
73 Fixes text
77 He drew Li'l Abner
78 Rioter's haul
79 How a loss may be marked
80 Nada
82 Root for poi
85 "Far out!"
87 Grand party
88 Old film actor Jannings

- 89 Give for a bit
90 Tiny pasta
92 Roger of film review
94 Dull routines
98 Mao — -tung
99 City in west Texas
100 Aviators
101 Aquarium favorites
103 Windpipe
107 Rich dessert
108 Animal nose
109 Actor Peter O—
110 Fitness program with Latin music
112 Hearth waste
115 — gow (casino game)
116 City of central Sicily
117 Actress Loretta
119 Tempo
120 TV's Trebek
121 Corrode
122 Sky twinker
123 Biblical prophet
125 Craven of horror films
127 Prefix like "equi-"
128 Celebrity gossip site



Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Super Crossword

Answers



Even Exchange

answers

1. Harpo, Harps
2. Guest, Quest
3. Meddle, Middle
4. Jolt, Joint
5. Attack, Attack
6. Glass, Grass
7. Summit, Submit
8. Easel, Edsel
9. Later, Latex
10. Brunch, Branch

celebrity extra

by Dana Jackson

Q: How is Heather Locklear doing after her arrest a few years ago? I keep hoping she'll land another prime-time soap role. — R.D.

A: Judging by her Instagram page @heatherlocklear, she seems to be thriving. She has a very loving relationship with her daughter, Ava, who graduated Loyola Marymount University, and she's been sober for over two years. She's also engaged to Chris Heissler, her high-school sweetheart (class of 1979).

When Locklear was arrested on battery charges in 2018, she continued on a downward spiral that had fans questioning whether she would ever act again. Since then, she's completed rehab and appears to have gotten her life together. She's even booked a starring role in an upcoming Lifetime movie, produced by Meghan McCain ("The View"), and based on the true story of bestselling author Kristine Carlson's personal journey from heartbreak to wholeness.

"Don't Sweat the Small Stuff: The Kristine Carlson Story," now in pre-production, also stars Jason MacDonald ("Sweet Magnolias") and Emily Rose

("Matchmaker Christmas"). The hugely popular "Don't Sweat..." books were written by psychotherapist and motivational speaker Richard Carlson beginning in the late '90s with his wife, Kristine. Sadly, Richard died of a pulmonary embolism in 2006, and the movie depicts how Kristine found the strength to navigate and rebuild her family and career in the face of such a profound loss.

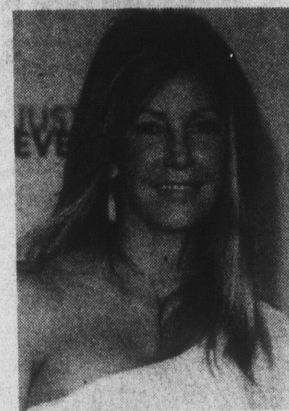
Filming will soon begin in Nashville with the premiere later this year on Lifetime.

Q: I heard that Disney+ is going to have a new series centered around Hawkeye. Will Jeremy Renner play him, or will it be someone new? — E.D.

A: Yes, Jeremy Renner will reprise the role of Hawkeye in the upcoming Marvel series of the same name. Hailee Steinfeld ("Dickinson") will join him as a young female archer who will bring about a slew of problems for Clint Barton (aka Hawkeye). You can begin streaming "Hawkeye" on Nov. 24 on Disney+.

Q: I'm excited to see Cesar Millan's new show, but how is it different than his old ones? I'm sure I'll watch anyway just to see the cute dogs. — P.H.

A: If there was one good thing about the pandemic, it was that pet adoptions were at an all-time high, since more people were working from home and had the time



Heather Locklear
Photo Credit:
Depositphotos

to take in a new furry family member. This has made expert dog trainer Cesar Millan's job more relevant than ever, hence his new show, "Better Human Better Dog," which premiered in late July on the NatGeo channel (and available soon on Disney+ streaming).

In the new series, owners stay at Cesar's 43-acre Dog Psychology Center ranch in California, where he can "submerge" them in his updated philosophies, new techniques and family support. So, if you think you've learned all you can from Cesar's past projects like the "Dog Whisperer," you'd be mistaken, as Cesar, like his subjects, is always learning something new.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

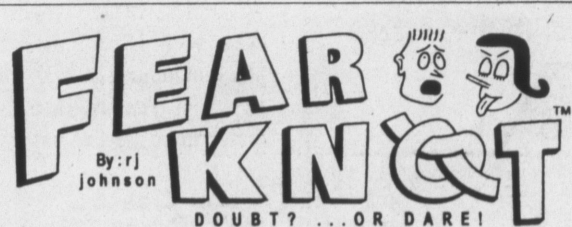
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Even Exchange by Donna Pettman

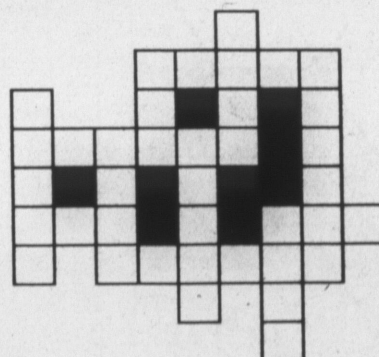
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|------------------------|---------------|---------------------|---------------|
| 1. Groucho's sibling | _____ O _____ | Angelic instruments | _____ S _____ |
| 2. Visitor | G _____ | Expedition | Q _____ |
| 3. Interfere | _____ E _____ | Dead center | _____ I _____ |
| 4. Ceiling beam | _____ S _____ | Elbow or knee | _____ N _____ |
| 5. Fasten | _____ H _____ | Raid | _____ K _____ |
| 6. Goblet or tumbler | _____ L _____ | Lawnmower's target | _____ R _____ |
| 7. High-level meeting | _____ M _____ | Give in to | _____ B _____ |
| 8. Artist's stand | _____ A _____ | Ford's lemon | _____ D _____ |
| 9. At some future time | _____ R _____ | Paint option | _____ X _____ |
| 10. Late morning meal | _____ U _____ | Large twig | _____ A _____ |

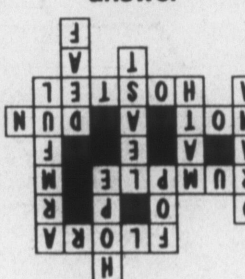
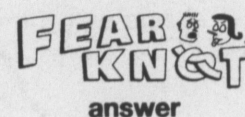
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- UND
PLUREM
♥ ELTAS
HMTA
FLAMUR
PFO
PHEO
MARAD
♥ OMT
♥ LESHTO
ROFAL
♥ EFDA

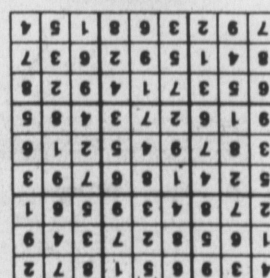


Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU

Answer



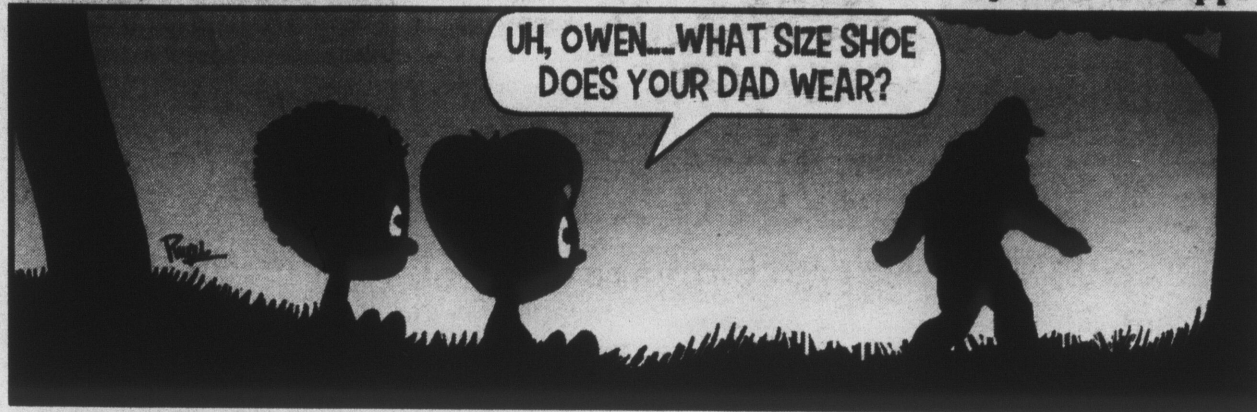
AUG

12

2021

Amber Waves

by Dave T. Phipps



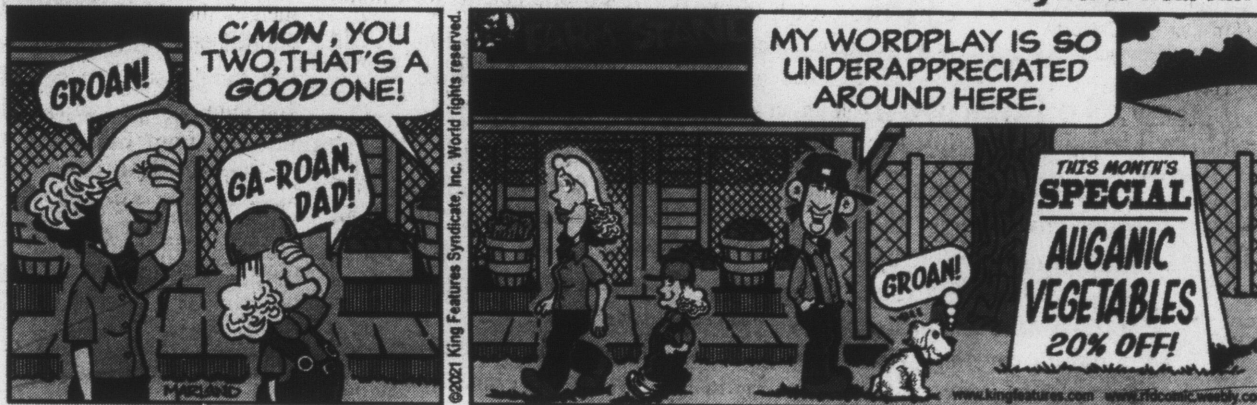
Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Stew
SHAH
Concede
IDELY
Berate
CLODS
Remove
TEELED

TODAY'S WORD

"A what? Who you kidding, dear?"

Rivers don't have _____."

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

6	3	4	1	2	6
5	2	2	2	4	6
3	1	6	2	3	4
3	2	4	6	5	6
3	6	1	5	3	2
2	4	3	5	5	1

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Heatstroke Almost Killed Her Dog

DEAR PAW'S CORNER: I never keep my dog "Alfie" in the car, even on cool days. Last Sunday, I took Alfie to the park to get some exercise. It was hot, and after a short while Alfie came back to me, panting heavily. He was still panting on the drive home and seemed lethargic, so I called his veterinarian, who said to take him to the emergency vet immediately. There, he was diagnosed with heatstroke! They treated him and he's doing much better, but I was shocked at how quickly Alfie developed a heat injury from being outside. Please warn your readers that dogs are very vulnerable to summer heat. — Chris in Portland, Oregon

DEAR CHRIS: You are so right! I'm glad Alfie is doing well and that tragedy was averted by your instinct to

contact the vet.

Just like humans, dogs need to acclimate to their environment. Sudden weather extremes like excessive heat or freezing cold are very difficult to adjust to. Dogs have far fewer sweat glands than humans; they manage their body temperature in other ways, such as panting when it's hot. So if we're feeling the heat, dogs are feeling it even more!

It's important to watch for signs of heat injury, especially when outdoors. Excessive panting is a key sign, as is lethargy and excessive drooling. Other symptoms include reddened gums, vomiting, diarrhea, loss of coordination and collapse. Immediate treatment is needed to prevent serious injury or death.

Keep plenty of cool water on hand for your dog to drink, both indoors and out. Never leave them in the car, even for a minute. At home, keep the air moving with fans, and cool down the environment with an air conditioner. Send your questions, comments or tips to ask@pawscorner.com.

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TOP VIDEO RENTALS AND SALES

TOP TEN VIDEO, DVD for release week of August 9, 2021

Video Rentals

- Wrath of Man (R) Jason Statham
- Spiral: From the Book of Saw (R) Chris Rock
- Mortal Kombat (R) Lewis Tan
- Out of Death (R) Jamie King
- The SpongeBob Movie: Sponge on the Run (PG) animated
- Nobody (R) Bob Odenkirk
- Godzilla vs. Kong (PG-13) Alexander Skarsgard
- The Marksman (PG-13) Kathryn Winnick
- Held (NR) Jill Awbrey
- Tom & Jerry (PG) Chloe Grace Moretz

DVD, Blu-ray Sales

- Mortal Kombat (R) Warner Bros.
- Spiral: From the Book of Saw (R) Lionsgate
- Space Jam (PG) Warner Bros.
- Wrath of Man (R) Warner Bros.
- Godzilla vs. Kong (PG-13) Warner Bros.
- Star Trek: Discovery -- Season Three (TV-14) Paramount/CBS
- The SpongeBob Movie: Sponge on the Run (PG) Paramount
- The Walking Dead: The Complete Tenth Season (TV-14) Lionsgate
- Raya and the Last Dragon (PG) Disney
- Nobody (R) Universal

Source: Comscore/Media Play News

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Hitori

1	5	5	3	4	2
2	3	5	1	9	3
6	5	6	4	2	3
4	3	2	6	1	3
6	4	2	2	2	5
6	4	1	2	3	9

STILL
Today's Word
3. Scold; 4. Delete
1. Hash 2. Yield;
solution
SCRAMBLERS

MORE FUN

COUCH THEATER

BY RACHEL ROSE

Drunk History UK (Seasons 1-3) — Just like the American version of "Drunk History," but with accents! British comedians imbibe just enough alcoholic drinks to reach the point of giddiness and slurred speech, but before anger and depression set in. Then they recount various events in history for narrator Jimmy Carr, which may or may not be factually accurate. The fun really comes to life when actors reconstruct scenes from these historical events based directly on the drunkard's storytelling. The Great Fire of London has never been funnier! Swearing is most definitely involved, so this might not be the best add-on for your kid's homeschooling curriculum. (Paramount+)

Together Together (R) — This isn't the first movie to use pregnancy surrogacy as its plot line, but it is the first to have a single straight man as the main character and parent-to-be. Ed Helms once again plays an awkward and sometimes inappropriately funny guy named Matt. In the midst of mid-life yearning, he contracts with a 20-something single woman, Anna (Patti Harrison), to carry his baby. She wants to keep the arrangement private; he wants to experience all of the typical pregnancy events like baby showers and, well, telling people about it. Throughout the nine months both characters ponder the state of their relationship with each other. Are they friends, platonic soulmates or merely contractual co-signers? (Hulu)

In Case You Missed It

Quartet (PG-13) — Inspired by the true story of how Italian opera composer Verdi bequeathed his mansion to retired musicians who couldn't pay their rent later in life, this 2012 release is set at the Beecham House for Retired Musicians. English act-

ing legend Dame Maggie Smith stars in this sweet and sincere story about old rivalries, old friendships and facing the trepidation that comes with rekindling one's true joy in the golden years of life. Dustin Hoffman's directorial debut. (Netflix)

Aquamarine (PG) — What could possibly make two 13-year-old best-friend girls even more giddy and excited than summer break spent at the beach? Finding a third best friend who happens to be a mermaid, of course. The mermaid, named Aquamarine, swam away from home and is on a quest to find true love on land.



Sara Paxton in "Aquamarine"

But all three girls have their eyes on the same hunky lifeguard. And so does another mean girl, because that's how complicated tween love is. This 2006 film is predictable and a little corny, but still a fun and lighthearted summer flick. (Disney+)

A Different World — Dropping this week is the "Cosby Show" spinoff sitcom that aired from 1987-93. Set at fictional historically black university, Hillman College, it originally starred Lisa Bonet (Denise Huxtable from "Cosby") as she navigated her first year of higher education and budding adulthood. Dorm drama, new friendships and life away from home were typical storylines, but the show often tackled relevant social issues from race relations to date assault and homelessness. With a smartly written script and a range of likable characters, the cast included future Academy Award-winner Marisa Tomei, a teenaged Jada Pinkett and Kadeem Hardison. (HBOMax)

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Contract Bridge

IT TAKES TWO TO TANGO

East dealer.

East-West vulnerable.

NORTH

♦ 10 7 2
♥ Q J 2
♦ A Q 8 2
♣ A 10 3

WEST

♦ A K Q 9 3
♥ 8 3
♦ 10 9 7
♣ Q J 7

EAST

♦ 8 6 5 4
♥ 10 5 4
—
♣ K 9 8 5 4 2

SOUTH

♦ J
♥ A K 9 7 6
♦ K J 6 5 4 3
♣ 6

The bidding:

East	South	West	North
Pass	1♥	1♦	2♦
2♦	4NT	5♦	6♥

Dble

Opening lead — king of spades.

Expert players don't always play expertly. They make mistakes, just like anyone else, but the big difference is that they err far less frequently than ordinary mortals.

Take this deal, for instance, played many years ago in an intercity match between Los Angeles and Houston. With a Houston pair sitting North-South and a Los Angeles pair East-West, the bidding went as shown. The

slam reached was certainly sound enough, though six diamonds would have been better.

West led the king of spades, East playing the four, and continued with the ace, South ruffing. Declarer drew trump, claimed the balance and chalked up 1,210 points for making six hearts doubled.

Of course, the slam should have been defeated. West had two chances to beat the contract and muffed them both!

First of all, the opening lead should have been a diamond. East, the defender not on lead, had doubled six hearts, which called for an unusual lead in accordance with the slam-doubling convention. The only side suit that had been bid by North-South was diamonds, so this was the unusual lead being requested.

If West had led a diamond, East would have ruffed, returned a spade and then gotten another ruff to defeat the slam two tricks — 300 points.

Even after West led the king of spades, he still could have saved the day by switching to a diamond. But he blithely ignored East's play of a low spade on the king — which clearly told West to stop playing spades — and continued with the suit. After that it was curtains.

The moral, if there is one, is that bridge is a partnership game, and you can't afford to ignore critical signals from your own partner. Once, maybe there's some excuse for, but twice, never!

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by Steve Becker

Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

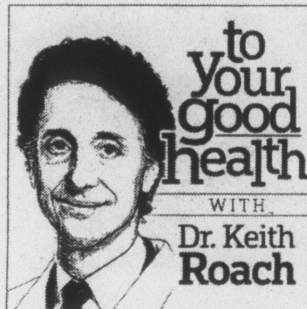
Here's a copy of the alphabet to guide you:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

X I B U E J E Û I F C B O B O B T B Z U P

U I F E P H ?

O P U I J O H . C B O B O B T D B O ' U U B M L .



Can Lyme Disease Lead To Parkinson's?

DEAR DR. ROACH: Can Lyme disease send a person into Parkinson's disease? I tested positive for Lyme -- I had the bulls-eye rash, fever and terrible headaches. After a month on doxycycline, my left arm started shaking and my neurologist diagnosed me with Parkinson's. The doctor said it had nothing to do with the Lyme disease. What is your opinion?--S.M.

ANSWER: I can absolutely understand why you might suspect that the neurologist could be wrong. The coincidence seems too much to believe. However, I think your neurologist is probably correct. The different types of neurological complications of Lyme disease are many and varied. The most common are any combination of meningitis symptoms (inflammation of the lining of the brain, with headache, fever, stiff neck and light sensitivity); disorders of the cranial nerves (especially the facial nerve, so people with neurological Lyme disease can look like they have Bell's palsy); and damage to peripheral nerves, causing pain and weakness or numbness, often resembling sciatica (but may include other parts of the body).

A detailed neurological exam by a neurologist would look for signs of Parkinson's disease -- not just the tremor you describe, but also muscle rigidity and changes in gait. These would be very unusual in Lyme disease. I did find cases resembling some aspects of Parkinson's disease, but they improved with treatment. It is possible that the stress of the Lyme disease hastened the onset of Parkinson's disease you were destined to get.

I say your neurologist is "probably correct" because

what I found -- absence of data to support a correlation -- does not mean that there is no correlation, and it is possible that time may prove Lyme disease is connected to Parkinson's. However, I think it's unlikely.

DEAR DR. ROACH: Ever since my mother became ill, my father's health has gone downhill. He has trouble walking and getting up from a sitting position, and he has hardly any feeling in his hands. It has gotten so bad that he has to pick things up with the webbing of his fingers then manipulate it to the correct position.

His doctor claims that this is old age, but I fear it could be a bone issue. A friend of mine many years ago found that she could not raise her arm past her shoulders and subsequently had neck surgery at the age of 80 to correct it. My father is 77 and was fine until recently. Is this really "old age," or could something else be wrong?--J.P.

ANSWER: It is NOT "old age."

It's a problem with his nervous system, but I can't tell you what exactly without a more comprehensive evaluation. There are several likely possibilities, including carpal tunnel syndrome, but many others as well. He should have an evaluation. A neurologist would be an excellent place to start.

DR. ROACH WRITES:

A recent column on itchy ears generated a lot of letters from readers, mostly asking whether this was due to allergies. One person found that it was the dye from shampoo that seemed to cause the symptom. Several people wrote in that treatment with medicated selenium shampoo helped solve their problem.

As always, I appreciate helpful suggestions from readers.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Comfort foods

Made fast and healthy



by Healthy Exchanges

Banana-Raspberry Custard Treats

Did you know that the botanical name for bananas is *Musa sapientum*, which means fruit of the wise men? If you're a wise person, you'll stir up this tasty, healthy and easy recipe featuring bananas, which are loaded with potassium and vitamin C.

- 1 cup (one medium) diced banana
- 1 1/2 cups fresh red raspberries
- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 2/3 cup nonfat dry milk powder
- 1 1/4 cups water
- 1 teaspoon coconut extract
- 1/4 cup reduced-calorie whipped topping
- 4 teaspoons flaked coconut

1. In a medium bowl, combine diced banana and raspberries. Evenly spoon fruit into 4 parfait or dessert dishes.

2. In a medium saucepan, combine dry pudding mix, dry milk powder and water. Cook over medium heat until mixture thickens and starts to boil, stirring constantly. Remove from heat. Stir in coconut extract. Spoon hot pudding mix evenly over fruit.

3. Refrigerate for at least one hour. Top each serving with 1 tablespoon whipped topping and garnish with 1 teaspoon coconut flakes. Serves 4.

* Each serving equals: 137 calories, 1g fat, 5g protein, 27g carb., 181mg sodium, 3g fiber; Diabetic Exchanges: 1 Fruit, 1/2 Skim Milk, 1/2 Starch.

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1. Name the first artist to release "She's a Lady."
2. Which group released "Doesn't Somebody Want to Be Wanted?"
3. "Almost Paradise," "Holding Out for a Hero" and "Waiting for a Girl Like You" were all used in the soundtrack for what film?
4. Who released "Rock This Town?"
5. Name the song that contains this lyric: "Why should I keep loving you when I know that you're not true? And why should I call your name when you're to blame for making me blue?"

Answers

1. Paul Anka, the song's writer, in 1970. Tom Jones followed with a cover the following year, and the two released a duet in 2013 with rewritten lyrics.
2. The Partridge Family, in 1971. Lead singer David Cassidy was so embarrassed by the song that he begged the record company not to release it. The video was even more cringe-worthy.
3. "Footloose," in 1984.
4. The Stray Cats, in 1982.
5. "Wasted Days and Wasted Nights," by Freddy Fender. Fender originally wrote the song at the start of his career in 1959. He eventually released the song in 1975 when his career was rejuvenated. It was a major hit in New Zealand, spending a record 12 weeks at No. 1.

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Puzzles4Kids

Answer

Nothing. Bananas can't talk the dog? What did the banana say to

A
U
G

1
2

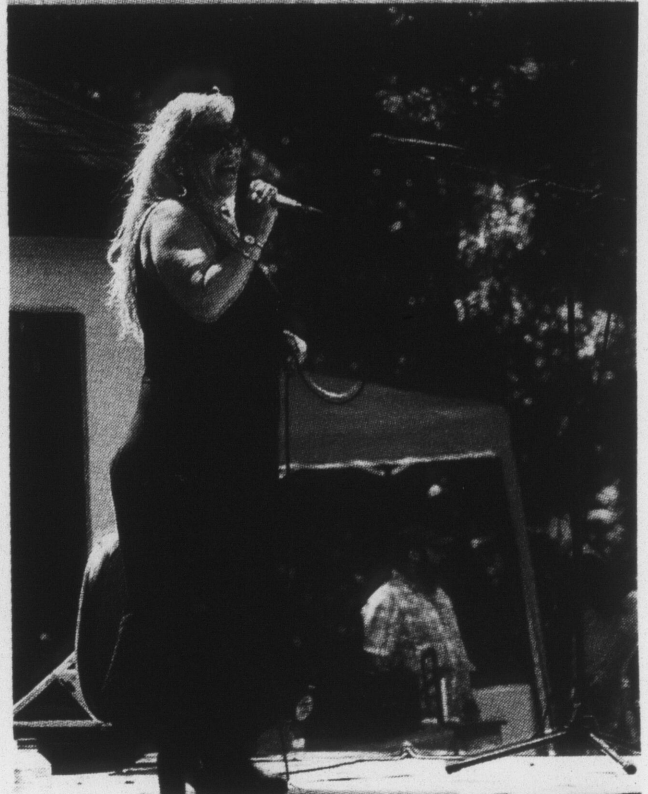
2
0
2
1

Scenes From The Veterans' Voice Network Music Festival

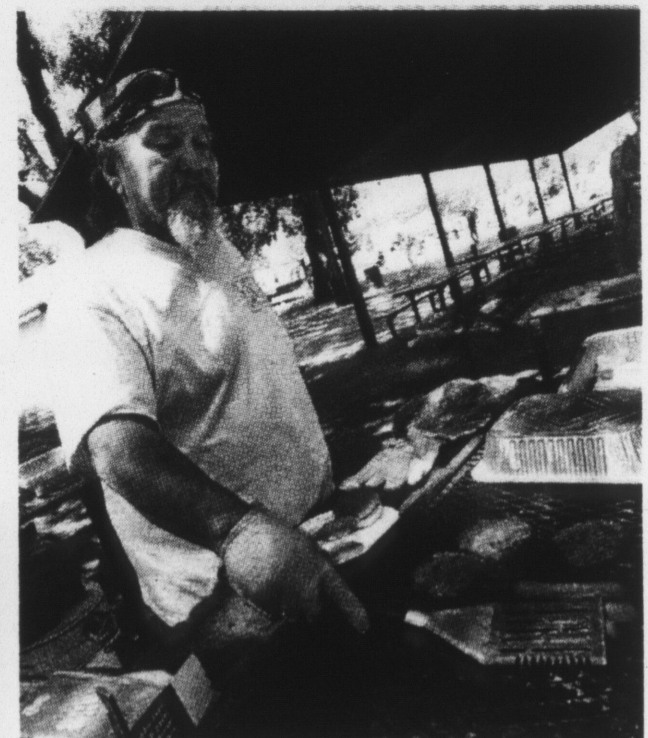


ANDREW WALSH, 7, and his sister, Kylie Walsh, 9, of Braintree, chat with veteran Peter Akeke inside a Huey helicopter at the recent Veterans' Voice Network Music Festival and Expo at Pageant Field.

Quincy Sun photos/Tom Gorman



LAURABETH QUINLIVAN of Boston entertains.



QUARTERMASTER REGGIE DUMAS of Hyde Park, left, and Sgt. Steve Pasca of Cambridge, members of the 54th Massachusetts Infantry Company A, salute the flag.



VARIOUS VENDORS, some offering information and services to veterans and first responders, line Pageant Field.

LORENZO GUERRA of Texas grills burgers and hot dogs.

Americanisms



"The way I see it, if you want the rainbow, you gotta put up with the rain."

— Dolly Parton

Congratulations
on celebrating your
34th Anniversary
of the
August Moon Festival
in Quincy
Mayor Thomas P. Koch, City of Quincy
恭賀昆士亞協服務中心舉辦
第三十四屆昆士中秋聯歡會
昆士市長 Thomas P. Koch

A
U
G

1
9

2
0
2
1